

FEBRUARY 2023 NEWSLETTER

N'Quatqua Band/Health Station

Jenn Levine/Reception **ext.221**

Email: jennifer.levine@nquatqua.ca

Deadline for next newsletter will be:

Wednesday- March 8, 2023

If you have any important information or suggestions for the newsletter you would like to share please contact the Band & Health Station at the front desk during office hours or email me before the deadline.

**N'Quatqua Band & Health
Station**

OFFICE CLOSED

**Monday- February 20th, 2023
(Family Day)**



OFFICE RE-OPEN

Tuesday- February 21st, 2023

From N'Quatqua Band Staff.



**Band Office Box 88
Health Office Box 100
D'Arcy, B.C. Canada
V0N-1L0**

**120 Casper Charlie Place
Toll free # 1-800-933-0323**

Band Office Phone & Fax

(604) 452-3221 (P)

(604) 452-3295 (F)

Health Office Phone & Fax

(604) 452-3290 (P)

(604) 452-3280 (F)

Office Hours

**Monday- Thursday
9:00am-4:30pm**



Social Development Worker- Sylvia Patrick

****Friendly Reminder to Social Assistance Clients****

Renewals & Utility bills are due: **Thursday- February 16, 2023**

(Renewal slips can be found at the Band/Health Station table)

Direct Deposit/Cheque: **Thursday- February 23, 2023**

If you have any questions, comments or concerns please give me a call.

Thank-you,

Sylvia Patrick
Social Development Worker
(604) 452-3221 ext. 224

Squamish Community Shopping Day

Friday- February 24th, 2023
leave at 8:00am

Sign up before Feb. 23rd

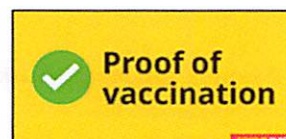
Please phone the N'Quatqua Band & Health Station
to put your name on the list.
(604) 452-3221

(LIMITED SEATS AVAILABLE)

Priority seats for SA Clients/Elders/ Persons with no vehicle

Friendly reminder there is zero tolerance of any Drugs, alcohol and marijuana permitted on the bus

**** Must provide proof of double vaccination before traveling on Band Vehicles ****



Wellness Worker- Adele Fletcher

Adele.fletcher@nquatqua.ca

AA OR WELLBRITY MEETINGS

Wednesday- February 15th

(& every other Wednesday's)

At: 7pm-8pm

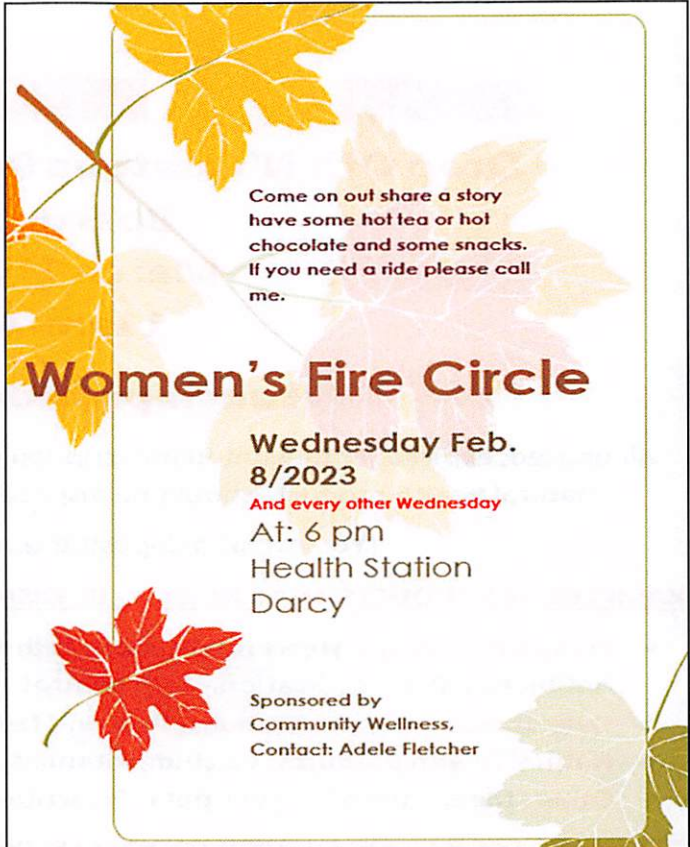
Band Health Station

Coffee and snacks by donation

Sponsored by: Adele Fletcher, Community Wellness Worker

N'Quatqua Band Health Station

604-452-3221



Come on out share a story
have some hot tea or hot
chocolate and some snacks.
If you need a ride please call
me.

Women's Fire Circle

Wednesday Feb.
8/2023
And every other Wednesday
At: 6 pm
Health Station
Darcy

Sponsored by
Community Wellness,
Contact: Adele Fletcher



LIFT EACH OTHER UP

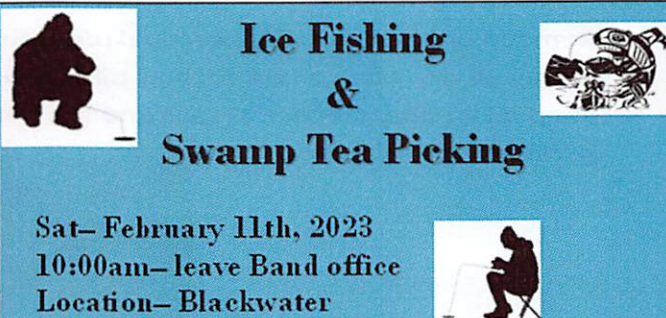
CKNW KIDS' FUND
PINK SHIRT DAY



Wednesday, February 22, 2023

#PINKSHIRTDAY

HAND DRUMMING- N'QUATQUA BAND/HEALTH STATION
1:00PM
SNACKS, TEA, HOT CHOCOLATE PROVIDED



Ice Fishing & Swamp Tea Picking

Sat- February 11th, 2023
10:00am- leave Band office
Location- Blackwater

- Lunch provided: Soup & Bannock, tea, hot chocolate
(bring your own soup bowl, spoon, mug, and bag for picking tea)

-Must sign up with Reception/Jenn (for lunch and transportation)

Wear appropriate clothing for the weather

Call for Catering Bid: Soup & Bannock- Deadline Feb. 6th 12pm

Must be delivered for 12pm at Blackwater

-Must have Food Safe Certification, double vaccinated, Must be home cooked meals and not ready made food/prepackaged.

submit menu and cost to adele.fletcher@nquatqua.ca
or drop it off with Jenn/reception @ N'Quatqua Band/Health Station.

Sponsored by: Adele Fletcher/Wellness Worker
Any question call (604) 452-3221/3290

Safe Disposal of Medications



**Drop Off: N'Quatqua Band/Health Station
Boardroom
March 1st, 2023
11am-4pm**

Lunch provided: 12pm

All unused, expired, or unwanted prescription drugs, over-the-counter medications and natural health products should be disposed of in an environmentally-safe way.

(You can also deposit them at a local pharmacy)

EXAMPLES OF PRODUCTS THAT NEED TO BE DISPOSED OF SAFELY:

- **Prescription drugs:** Heart medication, Asthma/COPD medication, Diabetes medication, Antibiotics, Pain medication, Birth control
- **Over-the-counter medications:** Pain and fever medication, Allergy medication
- **Natural health products:** Calcium, Vitamins, Magnesium, Folic Acid
- **Other:** Medications for your pet n Prescribed medical cannabis

RETURNING UNUSED OR EXPIRED PRODUCTS: Pharmacies often require you to:

- Remove or black out any personal identification
- Empty all dry medication such as pills, tablets and capsules into a bag or container
- Keep all liquids, creams, sprays and inhalers in their original packaging and remove all personal identification



Call for Catering

Safe Disposal of Medications

LUNCH- on Wednesday- March 1st, 2023- 12:00pm

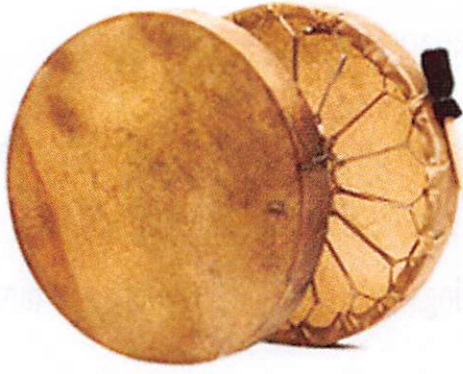
For 20 people
Delivered to N'Quatqua Band/Health Station Boardroom

- Must provide copy of Food Safe Certification
- Double Vaccinated
- Must be home cooked meals and not ready made food/prepackaged.
- include meal, dessert and drinks, and cutlery ect.

Deadline: February 23rd, 2023

Submit your full menu and cost to Adele Fletcher/Wellness Worker
adele.fletcher@nquatqua.ca

Or drop it off with Jenn Levine at front desk, N'Quatqua Band/Health Station.



One Heart One Mind One Spirit

Community Cultural Evenings

Please join the **SSHS Medicine Our Way Team** in February and early March for great evenings of singing, drumming, dancing, crafting and feasting from 6 pm to 8 pm.

Bring your drums and rattles and regalia. Come connect with others in a good way! **Everyone welcome.**



N'Quatqua - NCFDC (Daycare)

February 09 & February 23



Samahquam

February 15 & March 01



Skatin

February 14 & February 28



Xa'xtsa

February 16 & March 02

Drug and alcohol free events designed to help build stronger Stl'atl'imx communities.



Southern Strait'Imx
Health Society

N'Quatqua Newsletter – Health Planning Survey Launch February 6, 2023

As part of our funding arrangements with the First Nations Health Authority, we need to update our health and wellness plan based on community priorities and values. Therefore, it is important that we involve and have input from our community members including leadership, Elders, youth and families.

As well, N'Quatqua First Nation is working with the British Columbia Aboriginal Child Care Society (BCACCS) to improve the quality of, and accessibility to, early learning and childcare (ELCC) services for First Nations children and their families in the short term while supporting longer-term capacity development for systems transformation in First Nations ELCC.

EHA 452 and Associates will be supporting the process the completion of your Community Health and Wellness Plan and the Firelight Group is supporting the ELCC engagement.

This survey is a major step in receiving feedback and information from community members. The survey looks at a variety of areas from specific health questions to community safety. The analysis of your feedback will be used to develop your community health and wellness plan.

This survey will take around 25-30 minutes to complete and your answers will be anonymous. You can either take the survey online **starting February 6th, 2023:**

https://www.allcounted.com/s?did=wpv5dx1dl5auv&lang=en_US

or if you would like to do a telephone or an in-person meeting, please send an email to wheresmissmo@yahoo.ca or call (604) 828-1512 to make arrangements.

For completing the survey, you will received a gift card in the amount of \$25 to either Chevron, Save-On or Walmart.

Thank you,

EHA452 & Associates.

N'QUATQUA
Notice of Nomination Meeting

Notice is hereby given that a meeting of the **Electors of the N'Quatqua** will be held at The N'Quatqua Band Office and Health Station, 120 Casper Place, D'Arcy, BC on, **March 16, 2023**, beginning at **5:00 PM** and lasting for at least two hours, for the purpose of nominating candidates for the positions of two (2) Councillors on the Band Council of the N'Quatqua for the next ensuing term. The election will be held at The N'Quatqua Band Office and Health Station, 120 Casper Place, D'Arcy, BC on, **April 26, 2023**.

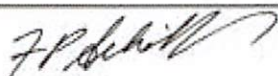
Please note that in order to be a candidate you must:

- (a) **Be present at the Nomination Meeting**
- (b) **Appear before the Electoral Officer before the close of nominations to accept or decline the Nomination .**
- (c) **Appear before the Electoral Officer before the close of nominations to swear a Declaration of Eligibility.**
- (d) **Present a Criminal records check from the Stl'atl'imx Tribal Police Service or the R.C.M.P. to the Electoral Officer no later than March 21, 2023.**
- (e) **Deposits are required from Candidates and must be provided to the Electoral Officer prior to the close of the Nomination Meeting or the Candidate's name will not appear on the ballot.**

DEPOSITS REQUIRED ARE AS FOLLOWS:

Councillor Candidates - \$75.00

Given under my hand at Delta, this 10th day of February, 2023.



Fred Schiffner-Electoral Officer
Phone: 604-786-2512
Toll Free: 1-800-813-2173, Email: fschiffner90@gmail.com

Emails for N'Quatqua Band Staff

Phone: (604) 452-3221 & (604) 452-3290

Fax: (604) 452-3295 & (604) 452-3280

N'Quatqua Band/Health Station Staff emails

Reception- Jenn Levine	ext.221	jennifer.levine@nquatqua.ca
Community Health Representative- Nicole Patrick	ext.222	nicole.patrick@nquatqua.ca
Elders Coordinator- Sharleen Patrick	ext.222	Sharleen.patrick@nquatqua.ca
Family Support- Victoria McDonald	ext.223	victoria.mcdonald@nquatqua.ca
Social Development- Sylvia Patrick	ext.224	sylvia.patrick@nquatqua.ca
Lands & Resource Dept.- Dennis Silzer-Smith	ext.225	dennis.silzer-smith@nquatqua.ca
Accounting- Kristy Stowell	ext.226	kristy.stowell@nquatqua.ca
LSTC Projects & Accounting Specialist- Linda Brown		linda.brown@lstc.ca
Band Admin. Assistant & Councillor- Chantel Thevarge	ext.227	chantel.thevarge@nquatqua.ca
LSTC Chief Administrative Officer- Sheldon Dowswell		Sheldon.dowswell@lstc.ca
Band Administrator- N/A		
Wellness Worker- Adele Fletcher		adele.fletcher@nquatqua.ca
Chief- Micah Thevarge		micah.thevarge@nquatqua.ca
Councillor- Doris Peters		doris.peters@nquatqua.ca (604) 862-0532
Councillor- Dennis Silzer-Smith		dennis.silzer-smith@nquatqua.ca
Housing Coordinator- Jason Bob		jason.bob@nquatqua.ca

Operation & Maintenance

Fire Dept.- Duane Thevarge	duane.thevarge@nquatqua.ca
Water Works- James Gellatly	james.gellatly@nquatqua.ca

Education Trailer (604) 452-3291

Education Coordinator & employment- Julie Thevarge	julie.thevarge@nquatqua.ca
Youth Intern- Josie Joseph	youthworker452@gmail.com
Youth Worker- Cassidy Barley	01youthworker@gmail.com

N'Quatqua Child & Family Development Centre emails (604) 452-3584

Anita Patrick- Director	anita.patrick@nquatqua.ca
Sylvia Levine- ECE, Infant Toddler Educator, Special Needs Educator	sylvia.levine@nquatqua.ca
Ryan Peters- Early Childhood Educator Assistant	ryan.peters@nquatqua.ca
Jennifer Peters - Early Childhood Educator Assistant	
Rechelle Patrick	
Eunice Sam	

Attention: Pál7usem Snúkwa7 - N'Quatqua Parents Club

For parents/guardians of children ages 0-18, here is the new schedule to go over the "Parent Toolkit" book. Each parent/guardian who participates will receive a Digital Copy of the "Toolkit" and a \$50.00 honorarium per session, paid on the 28th of February and March. For you/each parent/guardian to receive the honorarium, you must be present and participate in each session. All sessions will be presented on Facebook live, unless you prefer to sit in at the Education Trailer with us. Each session will be approximately 1 hour long, with room for questions and discussion.

The "Toolkit" handbook was made by FNEsc to support parents/guardians in their children's education and day to day lives, designed by those, like us, who are going through similar situations. Some topics will have a guest speaker to better explain what they mean. Scheduled time for sessions 3.1-3.12 will be in the evenings, 7pm-8pm depending on everyone's preference. Sections 1.1-1.2 & 2.1-2.9 will be 4-hour sessions on a select Saturday/Sunday with an honorarium of \$150 per session, meals included.

Please contact Julie if you have any questions or suggestions, please contact Josie to register.

Tuesday February 21st/2023

- 3.1 The Importance of Regular School Attendance
- 3.2 The Link Between Sleep and Success in School

Tuesday February 28th/2023

- 3.3 Eating Together Can Help with School Success
- 3.4 Routines Can Help Kids Get to School on Time

Tuesday March 7th/2023

- 3.5 The Benefits of Extra-Curricular Activities
- 3.6 Times for Creating a Family Technology Use Plan

Tuesday March 14th/2023

- 3.7 Keeping up With Technology Use
- 3.8 What to Know About Vaping

Tuesday March 21st/2023

- 3.9 How to Talk to Your Children About Drug and Alcohol Awareness
- 3.10 Helping Children Deal with Traumatic News or Events

Tuesday March 28th/2023

- 3.11 Talking with Children and Teens About Body Image
- 3.12 Addressing Concerns About Violence and Gangs



Monday night workshops will be approximately 1 hour in length, you can sit in on Facebook live, or join in the Education Trailer

**Monday, February 6th/2023 6pm-7pm
"Healthy eating & living" pt.1**

**Monday, February 13th/2023 6pm-7pm
"Healthy Eating & Living" pt.2**

**Monday, February 27th/2023 6pm-7pm
"Supporting Your Kids for Success"**

N'Quatqua Tutoring Club

Mondays &
Wednesdays,
1-6

Work towards
your High School
diploma

Supplies provided



Co-op
opportunities
available,
paid-hours

Dinner and
snacks
provided,
requests
welcome ☺



Support with literacy &
mathematics, private
tutoring sessions
available upon request



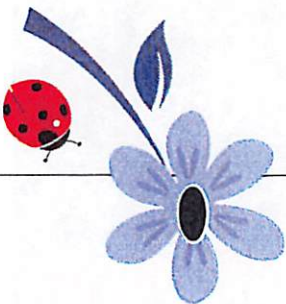
Pemberton Secondary School
School District #48

My name is Kate Thornton and I'm
one of the youth workers at PSS.
I'm a lover of the outdoors, whether
it's taking my pup (Stella) out for a
walk, or going to the skatepark.



kthornton@sd48.bc.ca
604-452-3291

N'Quatqua
Education Trailer



VANCOUVER ZOO

February 25th, 2023

Will need the following information

- Name
- Age

- in need of transportation

Need to be able walk 1.5 - 3 hours

Children in school must be accompanied by an adult

Sign up with Victoria McDonald

Before February 15th, 2023 by NOON!

Meet at zoo at noon, a light lunch provided

Must provide your own spending money!



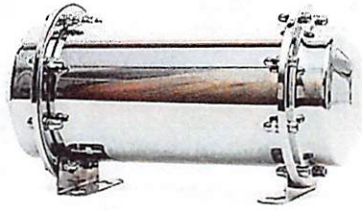


N'Quatqua Child & Family Development Centre

604-452-3584

Family Day: Monday February 20th, Statutory Holiday, enjoy...

<p>Please sign in when you come into our building, sanitize, continue to be <u>COVID</u> safe</p> <p align="center">*</p> <p>Afterschool Program hours 10am-4:45pm except on Pro -D days then its 8:30-4:15pm Bring extra changings</p>	<p>Kate & Pippa will be here on February 6th</p> <p>We are so excited to introduce <u>nXexzumalus</u> who will be coming Wednesday mornings to speak <u>Ucwalmicwt</u> with our Toddlers & Preschool children - basic commands, animals, colors, prayer, songs, this is such a blessing</p> 	<p>Seeking On call workers: 604-452-3584</p> <p>Food Safe, First Aid, Criminal Record Check. (from the Criminal Record Check Program in Victoria) is required to work in this licensed facility.</p> <p>★ RA's, ECE's , IT's, SN certified on-call workers</p> <p>Due to Licensing, staff were shifted until the end of February to meet requirements for the programs. Yay, I love the support we get from Heather Nash.</p>
<p>-Please let us know who is picking up your child and ensure they are on your <u>emergency pick up list</u>, call us if you need to update it. Let your contacts know they are on this list too</p>		
<p>Bring extra clothing in case your child gets wet, winter is still with us.</p>		
 <p>★ Happy Birthday Eli Feb 3rd</p> <p>Happy Valentines Day for our Staff, Families, Children</p> <p align="center">*</p>	<p>Interesting.</p> <p>I was writing out staff names onto Chocolates and realized I have 5 starting with the Letter R.</p> <p align="center">*</p> <p>Saab Sindu (FNESC) is here teaching our staff how to use the Smart Board as a lesson mechanism for our children on Feb 3rd.</p>	<p><u>Spring is Coming</u></p> <p>Tulip bulbs are ready to be planted when the ground softens, we are looking to purchase a bunch of strawberry plants for our planter box , and our children enjoy raspberries each summer, yummm.</p>



Hi Everyone!

I thought it would be a neat idea to do a time capsule outside of our new building. This will be something that is meant to be forgotten about and opened in at least 100-200 years from now.

This is welcome to anyone and everyone who would like to put something in but just please keep in mind that there is not much room so it will need to be smaller things so that we can fit as much stuff in there as we can.

Some examples include:

- Something with today's date
- Family or pet photos
- Favorite recipes
- Favorite TV shows and movies
- Newspaper clippings
- Receipts from favorite stores or restaurants
- Map of our territory
- Money
- Dried flowers
- Letter to family
- Letter to the future
- Fashion Magazine (one sheet please to save room)
- List of favorite songs
- Photo of favorite car

The list can go on and on.

This is something that will be done around the same time as the new building is complete. Please feel free to ask me any questions you may have and I'll try to answer them the best that I can. Also I have the time capsule here at my office if anyone would like to take a look at it and get an idea of how big it is.

Kristy 😊



First Nations Health Authority
Health through wellness

COVID-19 Meal Support *Frequently Asked Questions*

WHO CAN APPLY FOR COVID-19 MEAL SUPPORT FUNDING?

- Effective October 17, 2022 meal support will only be available on an exception basis for Status and Status eligible First Nations people. This approach aligns with recent, updated guidance from the BC Centre for Disease Control indicating that people who have COVID-19 are no longer required to self-isolate.
 - A note is now required from a Physician or Community Health Nurse confirming a medical need to access isolation supports for each person who is required to isolate. Supports are available to a maximum of 5 days following a positive test.
- Prior to October 17, 2022, submissions for meal support during periods of isolation must meet the following criteria:
 - Fully vaccinated individuals who test positive on a PCR or rapid take-home test are eligible for up to 5 days of meal support
 - Unvaccinated or partially vaccinated individuals who test positive on a PCR test or rapid take-home test are eligible for up to 10 days of meal support
 - Meal support funding is not available for individuals who are a close contact of someone who tests positive on a PCR or rapid take-home test
 - First Nations communities will be asked to provide: first name, last name, Status number, date of birth and the isolation start and end date of each individual applying for meal support

From Mar. 1, 2022, meal support funding is no longer available for individuals who are a close contact of someone who tests positive on a PCR or rapid take-home test.

WHAT IS THE APPLICATION DEADLINE?

- Meal support submissions for self-isolation between the dates of Oct. 1, 2021 and Oct. 16, 2022 will be accepted until ~~January 31, 2023~~ *Extended to March 31, 2023*
- Effective October 17, 2022 meal support will only be available on an exception basis.

WHAT INFORMATION IS NEEDED TO APPLY?

- To process your application, the following are required:
 - Status number
 - Last name, first name
 - Date of birth
 - Start date of isolation, end date of isolation

- Mailing address
- Contact phone number or email address

WHAT IS THE APPLICATION PROCESS FOR COVID-19 MEAL SUPPORTS?

- There are two application pathways:
 - Communities can apply on behalf of their members using the [Community Meal Support Calculator](#)
 - Individuals can apply for themselves and their households using the [Individual Meal Support Calculator](#)
- Here are the steps to request meal support for Status First Nations individuals in BC:
 - Complete the [Individual Meal Support Funding Calculator](#) or the [Community Meal Support Funding Calculator](#)
 - Email your completed calculator to COVID19@fnha.ca
- As of October 17, written documentation from a physician or community health nurse documenting a medical need to isolate, must accompany all applications.
- Alternatively, you can also call **Health Benefits** at **1-888-305-1505** (press 2 for the 'other' option, and then 1 for enrolment). This direct telephone line is open Monday to Friday from 8:30 a.m. - 4:30 p.m.

CAN I APPLY THROUGH THE INDIVIDUAL PATHWAY IF MY COMMUNITY HAS APPLIED FOR ME THROUGH THE COMMUNITY PATHWAY?

- If your community has already applied for meal support for your self-isolation dates on your behalf, you will not be eligible for support through the individual pathway for the same dates

I AM NOT ABLE TO SAFELY ISOLATE AT HOME. ARE THERE OTHER SUPPORTS AVAILABLE TO ME?

- If you are unable to safely isolate at home and a period of isolation has been directed in writing by a physician or community health nurse:
 - Call your Community Health Center and inquire about community based COVID-19 isolation spaces that may be available.
 - Contact Health Benefits medical transportation team for assistance with alternative accommodation, meals and transportation. Call Health Benefits at 1-888-305-1505 (press 2 for the 'other' option, then 3 for patient travel, and 3 for benefit exceptions). This direct telephone line is open Monday to Friday from 8:30 a.m. - 4:30 p.m.

ADDITIONAL INFORMATION AND RESOURCES:

- [What to do if you have COVID-19 symptoms](#) (BC Centre for Disease fact sheet)
- [Mental Health and Wellness Support](#) (FNHA web page)



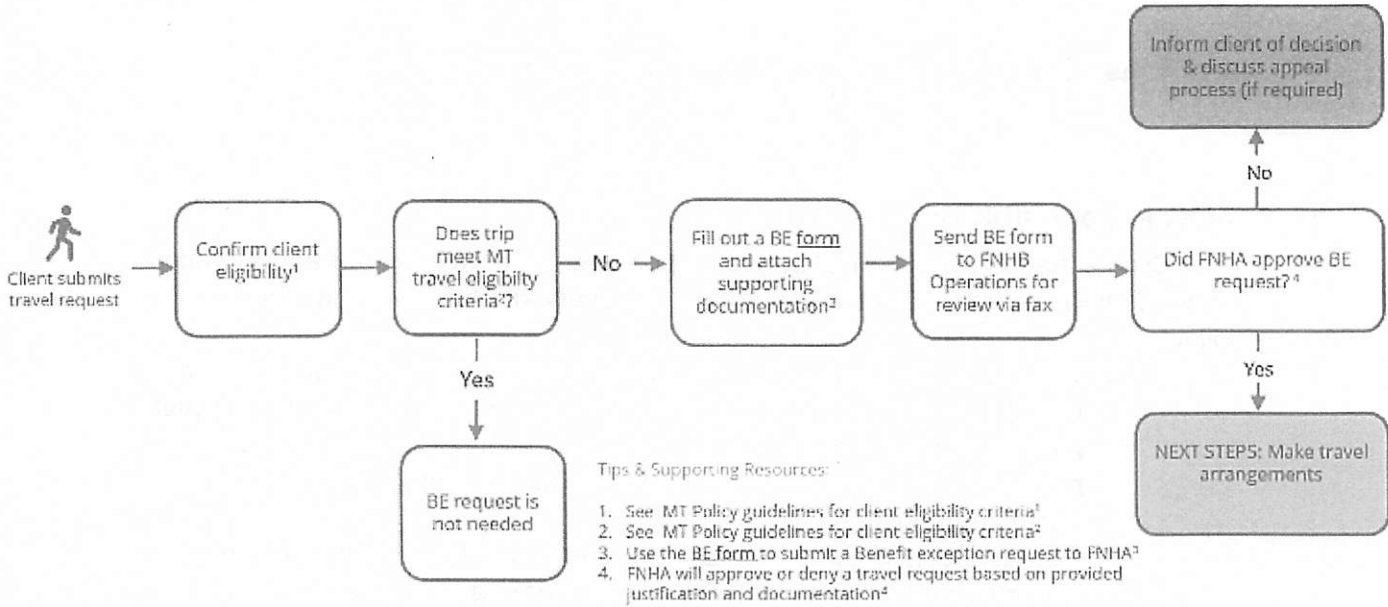
FNHA Operational Guidelines (Section 13 Client Responsibility)

13. Client Responsibility

13.1 Clients that receive medical transportation benefits from FNHB or a First Nations Band or Organization, should adhere to certain responsibilities, including the following:

- a) When possible, Clients should give at least five (5) days' notice prior to travelling to access medically necessary services to allow time for travel arrangements to be made. Without enough notice, Clients may have to reschedule their appointment, or pay for their travel up front and seek reimbursement later.
- b) Clients should get prior approval from FNHB or the responsible First Nations Band or Organization for all non-emergency trips.
- c) Clients should attend their medical appointment as scheduled. Clients who do not attend medical appointments may be required to pay back any benefits they have received and pay for their travel costs on subsequent medical travel.
- d) Clients should get a signed or stamped confirmation from the health professional or facility that they attended their appointment, and provide it to FNHB or the appropriate First Nations Band or Organization.
- e) Clients should protect all original warrants or vouchers given to them for their medical trip because they won't be replaced if lost or stolen.
- f) Clients should give as much notice as possible when cancelling an appointment, and at least 24-hour notice when cancelling hotel or flight arrangements.
- g) Clients need to keep all their original receipts for payments made during their medical travel so that they can be submitted for reimbursement.
- h) Threatening or verbally abusive language used towards patient travel clerks or Providers will not be tolerated, and may result in Clients being asked to pay for their travel upfront and request reimbursement later.

Submit a Benefit Exception Request



Client Eligibility

Confirm Client Eligibility

- Is the client Status and a BC resident?
If the answer is no, they are not eligible.
- Is the client a band member and can you confirm their status number on the band list?

If the client is a community member but from another First Nation, you should ask for a status card to confirm eligibility.

NB. If the client lives in community but is a non-Band member, you should

Refer to the Provision of MT Benefits in BC list to determine which community is responsible for travel.

How to know if a client is eligible for MT benefits

To qualify for MT benefits a client must be:

- A registered First Nations
- A resident of BC with a valid PHN
- An infant up to 24 months of age with a parent who is a registered First Nations.

Booking Travel

To qualify for MT benefits, the client must provide:

- Referral from a GP or health professional
- Confirmation of appointment from the health provider/health facility
- After the trip has been completed, a confirmation of attendance from the health provider/health facility

What is the client requesting?

The MT program provides assistance with transportation, accommodation & meals.

- Transportation
 - What is the most efficient and economical means of transportation?
- Accommodation
 - Is it same day travel or does it require overnight stay?
 - If overnight stay is required what is the most appropriate accommodation (i.e. Cancer Lodge, BC Family Residency Program, hotel)?
 - Is the trip longer than five days, or a request for an escort for a hospitalized client? In these cases, a kitchenette and weekly rate should be provided and a benefit exception submitted to HB Ops.
- Meals
 - Depending on the length of stay, the daily or weekly rate would apply

Confirm Travel Eligibility

- What is the specialty/reason for travel?
- Do they have written confirmation of the appointment?
- Is the service covered by MSP, or is it an FNHA Health Benefit (Dental, MS & E)?
- Are these services available in community, and/or is it travel to the closest provider?
- Is the client requesting an escort and do they have documentation to support this request?
- Does this request need to be submitted as a Benefit Exception (i.e. stay over 5 nights; escort while client's in hospital, etc.)?

Support

Health Benefits Contact Information

For further inquiries contact health benefits at

Toll-Free: 1-855-550-5454

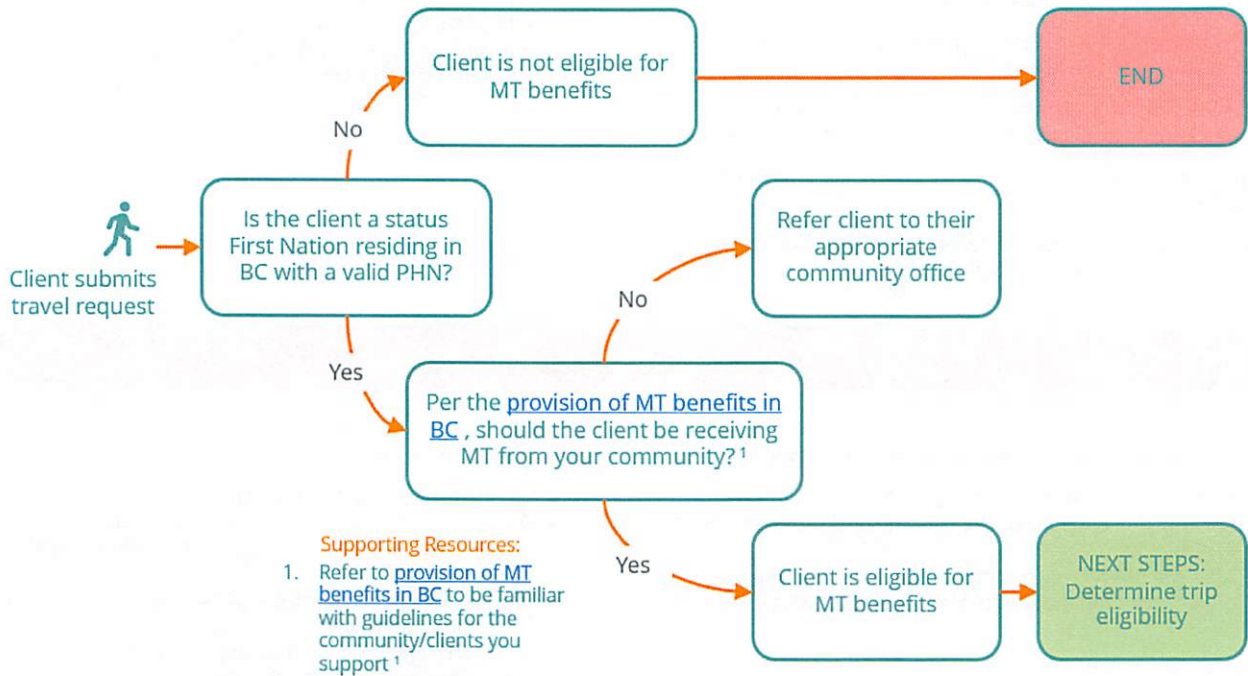
Email: Healthbenefits@fnha.ca

Fax: 1-888-299-9222

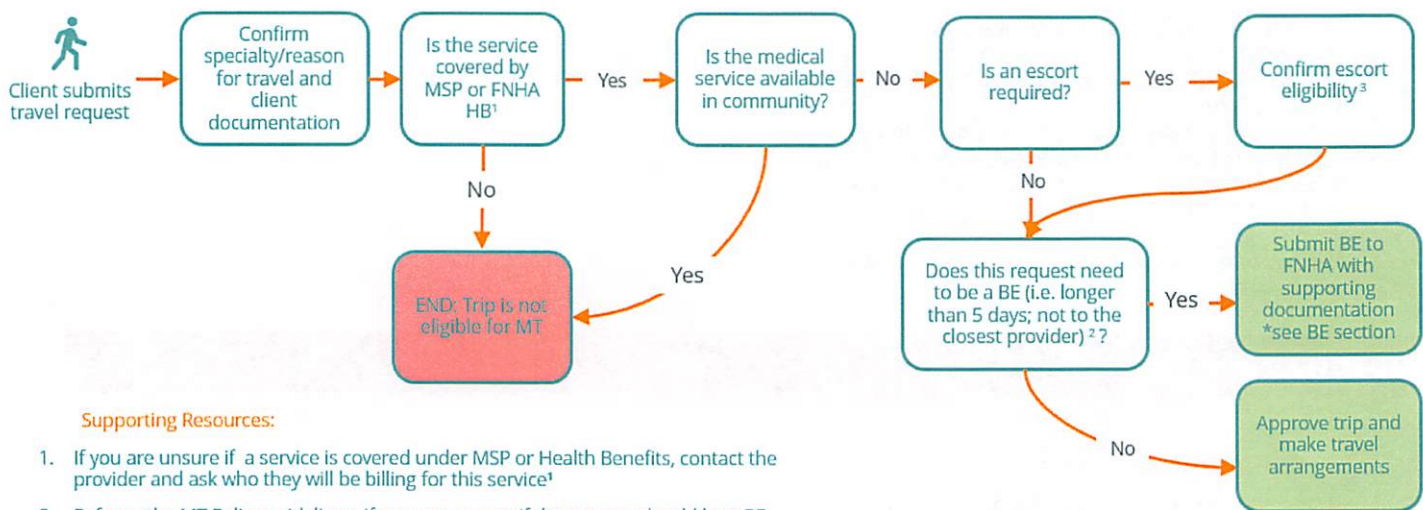
Address: 701-1166 Alberni Street, Vancouver BC

Processes

Confirm Client Eligibility



Confirm Travel Eligibility





First Nations Health Authority
Health through wellness

CLIMATE HEALTH 101: Risks and Resilience



WHAT IS CLIMATE HEALTH?

Climate health refers to the relationship between climate-driven changes and human health. Climate change, which combines with other natural and human-made stressors, can affect human health in two main ways:

1. By changing the severity or frequency of existing health problems.
2. By creating unprecedented or unanticipated health threats in places where they have not previously occurred.

CLIMATE CHANGE IN BC

Climate change is already affecting the environment in British Columbia (BC) in a variety of ways:

- Changing weather patterns and extreme weather conditions (e.g., heat waves, storm surges)
- More frequent flooding and forest fires
- Rising coastal water levels and melting glaciers
- Changing growth seasons and decreased availability of traditional foods and medicines
- Lower inland water and aquifer levels
- Increasing pollen counts, pests, invasive species and vector-borne diseases

These hazards can affect health and wellness in direct and indirect ways. For example, hotter summers can cause direct cardiovascular illnesses and premature mortality through heat stress, while indirectly aggravating asthma and allergies through increased pollen counts. Rising temperatures can impact food security and safety in many ways, such as reduced growing seasons and heat-induced algal blooms that cause toxins in seafood. Mental health is also impacted by climate change as emergencies, rapid changes in the land and waters, and a sense of uncertainty about the future can cause anxiety and grief.

IMPACT ON FIRST NATIONS COMMUNITIES

The deep cultural connection that many BC First Nations feel to the land, water and air makes them particularly susceptible to climate impacts on health and wellness. For example, access to traditional foods and medicines can be compromised by changes in the abundance, health, and behavior of plants and animals caused by climate change. Coastal erosion, extreme weather, floods and fire events can result in damage to areas of cultural importance or limit access to cultural activities. Such changes influence the physical, mental, emotional and spiritual health of First Nations people. The negative effects of colonialism on the social determinants of health further amplify the impacts of climate change.

FIRST NATIONS LEADERSHIP IN CLIMATE HEALTH ACTION

Climate change has also created an opportunity for First Nations communities to demonstrate leadership and resilience. Communities have been adapting to environmental change since time immemorial and have knowledge and skills that can benefit not only their own communities but also others in the face of a changing climate.

First Nations in BC are leading the way in climate health adaptation initiatives, such as:

- Organizing opportunities for knowledge sharing and skill building to protect and enhance community food security including through traditional food harvesting, preservation, and storage
- Identifying and mapping important areas, plants and animals for monitoring and protection
- Working with Elders and Knowledge Holders to understand changes taking place on the land and to preserve traditional knowledge
- Revitalizing access to traditional territories through culture camps and on-the-land training
- Undertaking community climate health assessments and developing action plans

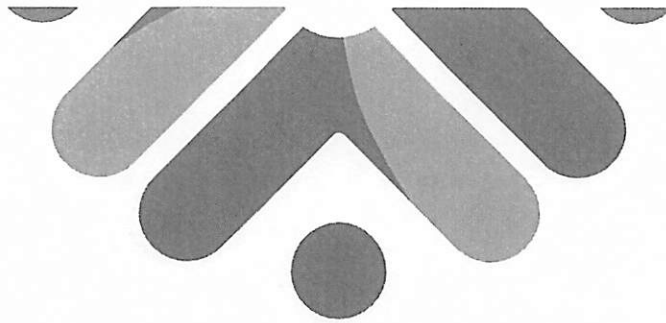
The First Nations Health Authority (FNHA) has launched the Indigenous Climate Health Action Program (ICHAP), a province-wide funding initiative to support resilience within BC First Nations. More information on the program can be found at:

www.FNHA.ca/what-we-do/environmental-health/climate-health-action-program

LEARN MORE ABOUT CLIMATE ACTION IN BC AND CANADA:

- <http://www.climatetelling.info>
- <https://retooling.ca/>
- <https://www.indigenousclimateaction.com/>
- <https://www.toolkit.bc.ca/>

For any questions, please contact ICHAP at: climate.health@fnha.ca



Talking to Youth About Cannabis Vaping

A Guide for Healthcare Professionals

Concerns About Vaping Cannabis

Vaping cannabis poses risks for mental and physical health harms. Chemicals created in the heating process can be harmful when inhaled and may affect breathing. Vaping unregulated cannabis products has also been associated with severe lung illness, causing coughing, shortness of breath and chest pain.

Cannabis vaping products differ in the levels of THC and CBD they contain. Using vaping products that have high levels of THC increases the risk for over-intoxication. Over-intoxication can cause severe anxiety, vomiting and paranoia.

Further research is needed to understand the full effects of frequent and long-term cannabis vaping on brain, respiratory and cardiovascular functioning.

Start the conversation with youth about cannabis vaping to have an open and evidence-based discussion.

Daily or almost daily cannabis use has been associated with an increased risk of cognitive impairment, psychosis and cannabis use disorder. The risk for developing these conditions is higher among individuals who:

- Use cannabis products high in THC
- Use cannabis daily or almost daily
- Initiate frequent cannabis use during adolescence
- Have a family history of mental health or substance use disorders

Initiating frequent cannabis use during adolescence may be associated with **structural brain changes** and **alterations in brain functioning**.

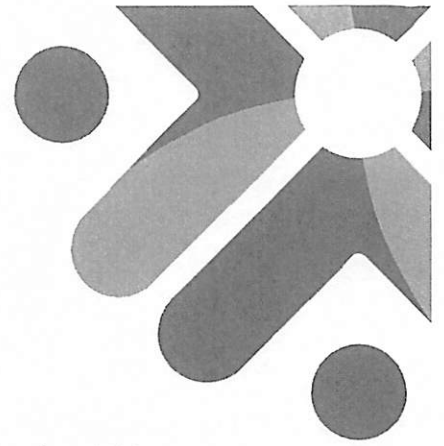
For more information about cannabis and vaping, visit ccsa.ca/cannabis.

Starting the Conversation

Youth may be uncomfortable talking about their cannabis vaping for fear of judgment and the repercussions of using the substance under the legal age.

Put youth at ease for a two-way conversation by taking the following approaches:

- Remind them that as part of their medical examination the conversation is confidential.
- Be empathetic, non-judgmental and supportive.
- Use language that encourages openness, trust and understanding.
- Avoid language that could be stigmatizing such as stoner, addict or user.
- Focus on the facts.



Questions to Get Started

1. Have you used or tried vaping cannabis?

Explore the types of cannabis vaping products they use (e.g., oils, dried products) and if these products include THC, CBD or both.

2. How long have you been vaping cannabis and how often do you do so?

Discuss the harms and risks of vaping cannabis both short and long term. Note that frequent and heavy cannabis use can cause the body to become dependent on cannabis and lead to cannabis use disorder.

3. Do you know the amount or concentration of THC and CBD in the product you vape?

Cannabis products with higher levels of THC increase the risk of over-intoxication, cognitive-impairment, psychiatric disorders and cannabis use disorder.

4. What sources do you use to get your cannabis products and vaping devices?

Cannabis products and vaping devices from illegal, unregulated sources can have health and safety risks. They may be contaminated with other substances and devices may be defective, risking injuries such as burns.

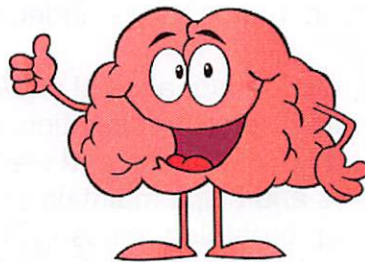
5. People vape cannabis for various reasons. Why do you think you vape cannabis?

Youth vape cannabis for a variety of reasons including perceived health benefits such as managing stress, anxiety and sleep. Understanding their reasons for use can open discussion about alternative approaches to better support them.

Starting the conversation may not be easy,
but what you have to say matters.

Alzheimer Society

Brain-healthy tips to reduce your risk of dementia



Why brain health is so important

While there are some risk factors you cannot control for dementia, such as age and genetics, reducing the effects of risk factors that *can* be controlled is possible.

By following these tips and strategies, you're not only reducing your risk of dementia, you're also:

- Looking after your long-term brain health,
- Reducing your risk of other cognitive and chronic diseases, and
- Protecting your overall health

Manage stress

Managing your stress can reduce these risk factors for dementia:

- Depression
- High blood pressure

Five tips for managing stress

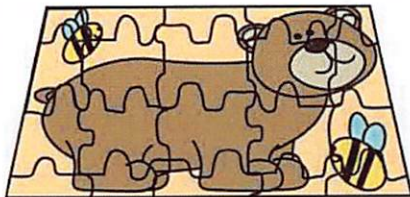
1. **Recognize the symptoms of chronic stress:**
 - **Emotional:** Depression, tension, anxiety, anger, worry and/or fear.
 - **Physical:** Headaches, fatigue, insomnia and/or sweating.
 - **Mental:** Poor concentration, memory loss, indecisiveness and/or confusion.
 - **Behavioural:** Fidgeting, overeating, alcohol and/or drug abuse.
2. **Take personal time for yourself.** Exercise, relaxation, entertainment, hobbies and socializing are essential parts of our health and well-being. Everyone needs to find a balance that limits stress and helps maintain optimal health. Methods could be through meditation, deep breathing, massage or physical exercise – the key is to explore a variety of techniques and find those that work for you.
3. **Set realistic expectations.** We often assume our expectations are reasonable, but this isn't always the case. By identifying what you can change and what cannot be changed, you can single out unrealistic expectations. Then, you can focus on what can benefit yourself right away.
4. **Get plenty of sleep.** Most people need at least seven hours of sleep per night. Sleep deprivation can significantly impair your memory, mood and function.
5. **Seek and accept support.** Reach out to a friend or family member that you trust. Talk about what's giving you stress. If symptoms of stress persist, contact your doctor.

Challenge your brain

Five tips for challenging your brain

1. **Pursue life-long learning.** Learn new things and take up new hobbies.
2. **Play games.** Examples of brain-challenging games can include chess, tabletop games, video games, word and number puzzles, jigsaws, crosswords, sudoku and memory games. For games on your computer, your tablet or your phone, find games where you can play and interact with other people.
3. **Maintain a routine and use reminders.** Maintain a routine and continue to take part in activities you always love to do (when possible). Use reminders and other tips and strategies when completing daily activities.

4. **Engage in cultural activities.** Check out what's happening in your area, like a community celebration, music event, or art show. After the event, discuss what you saw with a friend.
5. **Cross-train your brain.** What's something you're *not* good at doing? Work to improve it and give your brain some flexibility. Try a variety of challenges instead of sticking to one particular area. Some people living with dementia try to use their non-dominant hand for everyday activities like brushing teeth.



Be physically active

People who exercise regularly are less likely to develop heart disease, stroke and diabetes – all risks associated with dementia.

Physical activity also pumps blood to the brain, which nourishes the cells with nutrients and oxygen. As well, regular exercise helps to reduce stress and improve your mood.

Being physically active can reduce these risk factors for dementia:

- Depression
- Diabetes
- High blood pressure
- High cholesterol
- Lack of physical activity

Five tips for being physically active

1. **Start where you can and set reasonable goals.** If you feel you have little opportunity to exercise, start by adding a bit of physical activity into your daily routine. Choose a brisk walk or roll to the store rather than driving the car, or take the stairs instead of the escalator or elevator for one or two floors.
2. **Think of it as "activity", not "exercise."** Choose activities and sports that you enjoy, and physical activity won't seem like a chore or task to tick off.
3. **Once you get going, aim for at least 150 minutes of moderate-to-vigorous physical activity per week.** Moderate activities could be walking a dog or going for a bicycle ride, while vigorous activities include swimming or going for a run. If

you have reduced mobility, try activities that can help you maintain your balance and prevent falls, such as gentle yoga or tai chi.

4. **Consider aerobic activities.** Aerobic activities, such as walking, swimming, hiking and dancing, can help maintain general fitness. Many experts recommend walking as one of the safest and most effective forms of aerobic exercise.
5. **Plan out your physical activity with someone you know.** That way, you are more likely to keep active.

Be socially active

Staying connected socially helps you stay connected mentally. Research shows that regularly interacting with others may help reduce your risk of developing dementia.

Having an active social life also can reduce your stress, brighten your mood and keep your relationships strong.

Being socially active can reduce these risk factors for dementia

- Depression
- Social isolation

Five tips for being socially active

1. **Make the most of your daily opportunities to socialize.** Chat with your taxi driver or store clerk; make conversation in the elevator.
2. **Practice a random act of kindness.** It could be as small as smiling at someone else passing by – paying your happiness forward will not only brighten someone else's day, but yours as well!
3. **Find time to volunteer.** Whether it's participating in service clubs or joining a hobby group, you'll find that there are many healthy benefits to volunteering. It can build self-esteem and confidence, and it can expand your network of social support.
4. **Combine social interaction with an activity.** It could be a physical activity like walking together or a fitness class, or it could be something like a book club or a play. Ask someone to try a brain-challenging game together. Enjoy yourself while you positively impact your brain health.
5. **Maintain old friendships and make new ones.** Stay social through work, volunteer activities, travel, hobbies, family and friends. Be open to new experiences – accept invitations and extend a few of your own. Keep up your old and new friendships through talking on the phone, chatting online via email or social media, or even writing a letter.

Follow a healthy diet that you enjoy

We know that healthy eating can reduce the risk of heart disease, stroke and diabetes. These conditions are risk factors for dementia.

Healthy dietary choices not only improve your general health, in the long-term nutritious food helps maintain brain function and fight cognitive decline.

Eating healthily can reduce these risk factors for dementia:

- Diabetes
- High alcohol consumption
- High cholesterol

Five tips for eating healthily

1. **Consider reducing processed foods, meat and sweets.** The Mediterranean and MIND diets—the diets most studied so far by major research organizations around dementia—recommend limiting processed foods, meat, sweets and dairy. Instead, those diets emphasize eating more fruit, vegetables, legumes, whole grains, nuts, olive oil and fish. Many other cultures and regions, of course, also have vegetable-, legume-, nut- and fish-focused diets whose principles could apply.
2. **Enjoy a variety of foods in many different colours:**
 - **Blue and purple** fruits and vegetables tend to be packed with anti-oxidants. Blackberries, blueberries, ube, purple cabbage and plums are all great food choices.
 - Go **green** every day with fruits and vegetables that are good for your brain and also benefit bones, teeth and vision. Green options include avocados, broccoli, celery, cucumbers, peas, spinach, nori, edamame, pears, honeydew melon and many more.
 - Choose **white, tan and brown** fruits and vegetables such as bananas, cauliflower, potatoes, turnips, daikon, onions and garlic.
 - Add **orange and yellow** fruits and vegetables such as grapefruit, cantaloupe, butternut squash, peaches, papaya, oranges, sweet potatoes, yellow peppers and lemons to your plate.
 - Reach for **reds** every day. Beets, raspberries, red grapes, radishes, tomatoes, red peppers, watermelon, rhubarb, pomegranates and cherries are just a few excellent red choices.
3. **Find healthy ways to add flavour to your meals.** A healthy diet can be tasty! Herbs, spices, nuts and seeds are all healthy add-on options.

4. **Be mindful of your eating habits.** Choose appropriate portion sizes, eat healthy snacks and drink plenty of water – Canada's Food Guide recommends that you make water your drink of choice.
5. **Plan meals in advance.** By developing healthy eating patterns, you don't leave your diet to chance. There are meal planning apps and websites that can help you plan ahead, cook your own food and decide what recipes work best even if you have a busy schedule.



Make conscious and safe choices

"Better to be safe than sorry!"

"All things in moderation."

These common sayings have more relevancy than ever when it come to making the right choices for your brain health! Our ability to maintain life-long brain health is very much influenced by the choices we make in our daily lives.

Research has found that, next to aging (and in some cases, genetics), lifestyle and environmental factors are the most influential factors in determining one's risk for dementia.

Therefore, it's important to protect your body, at any age, for lifelong brain health. Make safe choices that protect you from ailments and trauma that would otherwise increase your risk of dementia.

Making conscious and safe choices can reduce these risk factors for dementia:

- Head injuries
- Hearing loss
- High alcohol consumption
- Smoking

Five tips for making conscious and safe choices

1. **Avoid habits that harm your body.** Examples of harmful habits include smoking, listening to music too loudly and excessive drinking. They might be fun in the short-term, but not in the long run!
2. **Protect your head.** Wear a helmet if you're engaging in intense physical activity like skating, skiing, skateboarding, scootering, rollerblading or cycling. Set a good example and ensure that children in your care wear appropriate helmets too.
3. **Assess the safety of the environment around you.** Do you work or live in an area where you are continually exposed to risks such as loud sounds or vehicle pollution? Does your home have handrails or grab bars installed that improve accessibility and prevent falls? By being aware of potential dangers in your environment, you can take steps to counter them.
4. **Track your numbers.** Doing so will make it easier for you to keep your blood pressure, cholesterol, weight and blood sugar levels within recommended ranges. After all, all of these conditions increase your risk for dementia.
5. **See your doctor regularly.** This will help you address specific health concerns you may have, including diet, hearing evaluations and physical activity.



[View this email in your browser](#)



February 2023 Newsletter



GIS

Talicia has been working closely with the Heritage and Environment departments on several projects this Winter. She is working on finalizing the archaeological site maps for Year 5 for the Downton Reservoir Archaeology Program (RAP) and is completing maps for other projects as well. Talicia has also been updating data and preparing tablets for fieldwork for the Heritage team. She is supporting the Environment team with their Lightship program and any mapping they need. Talicia attends meetings for

a few working groups including: Lajoie Technical Working Group, McKay Fire Rehab Planning, and the Fraser River Bighorn Sheep Working Group. It has been a busy start to 2023 but she is looking forward to all the continuing and upcoming projects this year.

Culture and Heritage

SGS Culture and Heritage have a new Team member to introduce – Yvonne Michell has been hired as a heritage field technician. Yvonne and Chester have been completing heritage monitoring work on a number of transmission pole replacements this month.

Yvonne has experience working as a heritage technician on monitoring projects, survey and surface inspections, excavations, identifying artifacts, and completing detailed recording during and after excavation. She also brings to the Team her experience as a Safety Officer and Level 3 First Aid Attendant.



Yvonne Michell at the job site. Photo by Chester Alec



Alysha Edwards excavating at the Douglas College Project, Summer 2022. Photo by Johnny Jones

Capacity Building

Alysha Edwards, Heritage Field Assistant, is on education leave to complete course work for her Doctorate Degree. She is currently enrolled in courses in human osteology, historic archaeology, and a proposal preparation and research design class. By the end of this semester, Alysha will have the required 30 course credits to begin planning and writing her dissertation in the Fall of 2023. Once classes finish in mid-May, Alysha will be returning to SGS for the summer to conduct archaeology fieldwork projects with the Culture and Heritage Team.

Nadine Gray, Heritage Project Coordinator, is completing an online 9 week Applied Project Management course. This is the final course for the Project Management Certificate from the UBC Sauder School of Business. As the final course, it offers students the opportunity to apply the skills and management strategies learned in the previous courses to a case study. There are team assignments and individual assignments which have students working through how to recover a project that has been delayed and is facing challenges.

Canada Summer Jobs

St'at'imc Education and Training (SET) applied for funding for a heritage field technician for the Summer of 2023. SGS has been successful in past funding applications from the Canada Summer Jobs Program for positions in the Heritage and Environment Teams. The results of the funding application is expected to be released

in April. Thank you to Courteney Adolph-Jones, SET Manager, for completing the application for SGS.

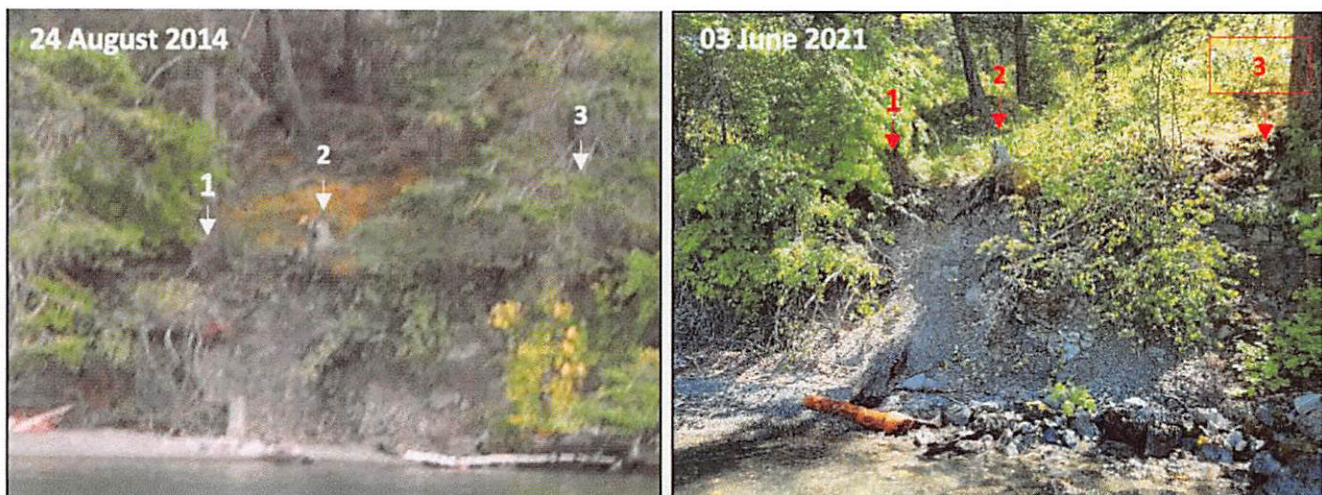
Seton Lake Erosion Mitigation Program (SLEMP)

With support from Northwest Hydraulic Consultants (NHC), the Heritage Team is currently working with BC Hydro and Tsal'alh on erosion protection for two locations on Seton Lake. Work on this phase of the project began last summer and will be added to the work plan for construction beginning later this year or early 2024. Conceptual designs were drafted for 3 locations on Seton Lake in 2021 and two additional locations have been added to the erosion protection plan in 2022/2023. The conceptual designs report for the two additional locations, received from NHC in mid January, is being reviewed by SGS Heritage and BC Hydro. The conceptual designs will then be reviewed by Tsal'alh and a preferred design option will be selected.

Erosion protection work utilizes aspects of structural and non-structural design elements. Structural designs typically make use of rock placement (i.e., riprap), while non-structural and biotechnical designs rely more on natural materials like beach cobbles, large wood elements and vegetation, as well as bioengineering materials (e.g., erosion control matting, fibre mulches, rolls/logs of natural fibre), often used in conjunction with planting and seeding.

For the work on Seton Lake, the SLEMP Team is using a combination of structural, non-structural, and biotechnical design elements. This approach provides the ability to mitigate erosion caused by strong erosional forces (e.g., by using rock placement) while maintaining a natural shoreline appearance.

The Team is using LiDAR data, data from the wind and wave buoy and also field visits to record landscape features, complete detailed mapping and document current conditions. Another source of information is using photographs to analyse the shoreline around Seton Lake to document on-going erosion. For example, a comparison of the photos below shows slow, progressive erosion of vegetation over the shallow bedrock at this location.



Active Job Posting

A job posting for on-call heritage field technicians is available on the SGS webpage and is also available on the St'at'imc Facebook page. We encourage qualified people to apply for this position for work on BC Hydro projects throughout the year. Anyone interested in heritage work with SGS can contact us via email heritage@statimcgs.org or at 250-256-0425 extension 224

Education & Training

St'át'imc Lifelong Learning Scholarship Program | Winter 2023 Intake

Full application and guide can be downloaded from:

<https://statimc.ca/programs/statimc-education-training/>

Deadline: February 17 2023 by 4:30pm

For more information contact

Courteney Adolph-Jones, SET Manager

Email: SET@statimcgs.org

Phone: 778-765-2068

St'át'imc Lifelong Learning Scholarship Awards Program **Fall 2022**



Aurora Terry
Xwísten

Certificate- First Nations Studies
Nicola Valley Institute of Technology
Awarded \$1000



Shania Chalifoux
Sekw'el'wás

Certificate- Indigenous Stewardship
Native Education College
Awarded \$1000



Cheyenne Watkinson
X'axlip

Certificate- Graphic Design
BC Institute of Technology
Awarded \$1000

Kukwstumúhkałap (Thank you) to our Bronze Level Sponsors for their generous contributions to the St'át'imc Lifelong Learning Scholarship (SLLS) program.



If you or your organization is interested in supporting SLLS program,
please contact SET at set@statimcgs.org

St'át'imc Lifelong Learning Scholarship
Awards Program

Fall 2022



Dylan Whitney
X'axlip
Doctorate of Medicine
University of Victoria
Awarded \$2,500



Deanna Gestrin
X'axlip
Masters of Counselling Psychology
Adler University
Awarded \$2,500



Mason Delorme
Lifwat
Doctorate of Public Administration
University of Victoria
Awarded \$2,500

Kukwstumúhkalap (Thank you) to our Silver Level Sponsors for their generous contributions to the St'át'imc Lifelong Learning Scholarship (SLLS) program. Special mention to Linda O'Donaghey, former SGS BoD member and St'át'imc PC Trustee, for her ongoing support.



If you or your organization is interested in supporting SLLS program,
please contact SET at set@statimcgs.org

St'át'imc Lifelong Learning Scholarship
and Bursary Awards Program



Fall 2022



"Despite having experienced growing pains, I am excited to become an optometrist by the end of it. It is not just the title of Doctor that entices me,... I chose this career because I want to help people, and this is how I will do so. ...I want to prove to Indigenous peoples that healthcare providers can be trusted, starting with me. I want to be someone that my people can come to because they say one of their own, and someone that the youth can look up to. I want them to say "if he can become this, so can I." "

Jeremiah Hyslop
X'axlip
Doctor of Optometry
University of Waterloo
Awarded \$5,000

Kukwstumúhkalap (Thank you) to our Gold Level Sponsors for their generous contributions to the St'át'imc Lifelong Learning Scholarship (SLLS) program.



N'Quatqua Education



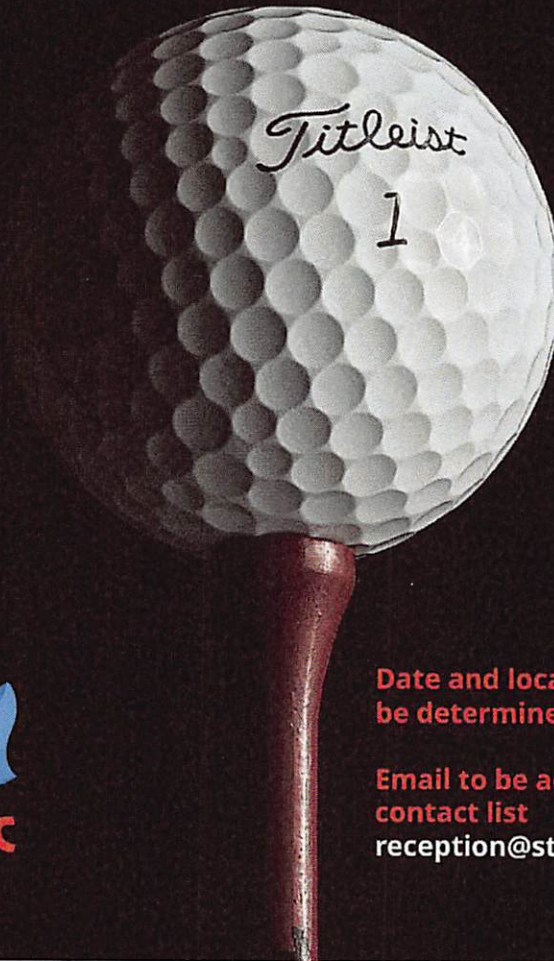
If you or your organization is interested in supporting SLLS program, please contact SET at set@statimcgs.org

ST'ÁT'IMC
GOVERNMENT SERVICES

Sept 2023

SAVE THE DATE

St'át'imc Scholarship
FUNdraiser

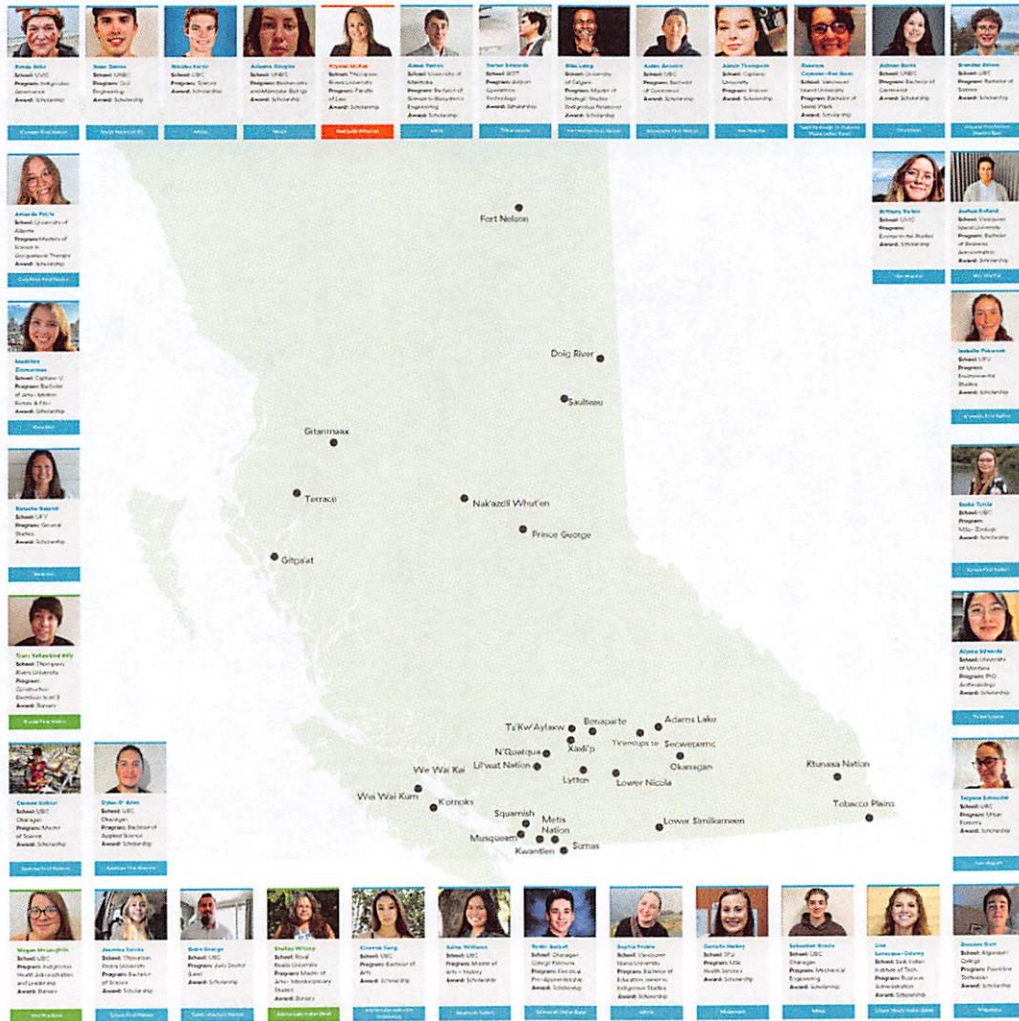


Date and location to
be determined.

Email to be added to our
contact list
reception@statimcgs.org

BC Hydro Indigenous Scholarship and Bursary Awards 2022-2023

Our Indigenous Scholarship and Bursary program supports students who are pursuing a post-secondary education and are residents of B.C. **Scholarships** valued at \$5,000 for students in a full-time post secondary program. **Bursaries** valued at \$2,000 for students in a part-time post secondary program. The **Randy Brant scholarship** valued at \$8000 is awarded to our top overall applicant.



BC Hydro Indigenous Scholarship and Bursary Awards 2022-2023 Special acknowledgement to Stáitmc recipients :

- Trent Billy- Xaxli'p
- Darian Edwards- Ts'kw'aylaxw
- Alysha Edwards- Ts'kw'aylaxw
- Tatyana Schneider- Samahquam
- Dominic Gott- N'Quatqua

Capital Planning



Terzhagi Dam with Highway 40 crossing the Spillway.

The Quarterly Capital Planning meeting was held on January 26 – the materials presented are available on the [SharePoint Information Portal site](#) – please take some time to review and ask any questions you may have. Fifteen (15) St'át'imc businesses and communities attended either in-person or via Teams to hear updates and new information related to the Bridge 2 Intake Access Slope Stabilization, Seton Generating Station (SON) unit replacement and bypass project, Canal dewatering and repair, and the Terzhagi Safe Access to the Spillway Chute project.

St'át'imc communities and businesses continue to develop early opportunities related to the LaJoie Dam Improvement project including work related to access roads and lay down areas, quarry development and operation and accommodations – in three locations including Gold Bridge, Seton Portage and Lillooet. This summer we expect to perform early stage investigative work on the quarry and the access and laydown areas.

The SON project will be in Lillooet and will be more accessible to take a closer look at how complex industrial projects are constructed, although the earliest start date for construction is 2025.

The scope of work for BC Hydro's Access and Accommodation study was just released, the study includes extensive community, business and local community

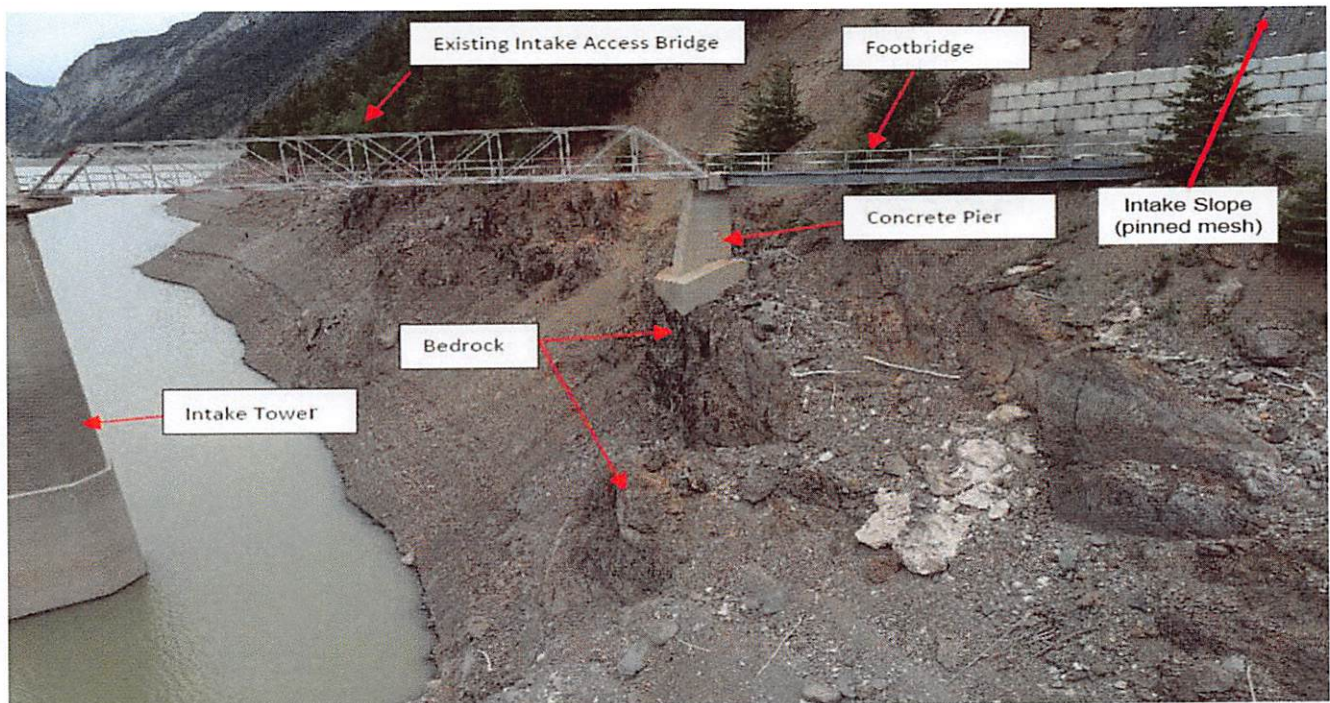
engagement. Please keep an eye out for the invitations to participate and get involved to share your concerns and opinions.

Explore project related information at your own pace by accessing information on SharePoint.

Here is a small sample of what you can find on the [St'át'imc SharePoint Information Portal](#):

- Reports on the [Reservoir Archaeology Program](#) and the [Seton Lake Environmental Mitigation Project](#)
- [List of the BC Hydro projects](#) in St'át'imc Territory
- Copies of the [BC Hydro project opportunities](#) that have been provided to St'át'imc businesses
- Materials and notes on the [Quarterly Capital Planning Meetings](#)
- A [glossary of commonly used project and system terms](#)

The St'át'imc SharePoint Information Portal access now requires Multi-Factor Authentication – an instruction sheet has been sent out on how to set this up. The instructions also provide a way to contact tech support should you have a problem. If you did not receive the instructions, please call Sherry Kane at SGS (778) 771-5903



BR2 Intake Access Slope Stabilization

Communications Survey

This is your chance to let us know how we are doing! We will be using the information received to better understand what needs to be changed and what we are currently doing well. Click the button below to start the survey.


Start Survey



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N'Quatqua Annual General Meeting

January 23/23 **NCFDC**

Became Director on February 28th/22: brought forward changes to Centre, site, staffing, building relationships with other agencies & in our community. COVID changed some areas of our practice, but we moved forward confidently with Vancouver Coastal Health & CCOF & AHSOR guidelines for our children and families & staff.

Enrollment / attending : 7 Preschoolers , 7 group child care, 9 after school care, 5 toddlers, we have spaces available in the Preschool and Afterschool Program. At times the children are not all in attendance as some choose only two days or more. But most ever registered and attended.

Nutrition:

- We purchase biweekly quality fresh fruit, berries, snacks for our children for AM & PM snacks.
- 65 Families with our Culturally sharing food, Meat order, 6 families with gift cards
- NQB food bank, twice we stocked the shelves to help our community and families this September and January
- We contributed to the Gardening done by Teresa on behalf of our children and families who will benefit from her hard and dedicated work, she grew extra pumpkins for our children so they can go to the Pumpkin Patch

Parent Involvement / Social Support:

- Fathers Day Draw: winners of fishing rod - hooks- chair
- Papa's Picnic : 18 signed up for gift cards to bring grandchildren to picnic, quality family time
- Brittany Andrew Family Pictures for our families: 18 families
- Parent Tot re established as was closed for summer due to extreme heat, Fridays for 0-6
- Honoring Grandma with 18 signed up to receive gift box of appreciation
- Easter Hunt & Hot dogs with Families, children, Grandparents . Scavenger hunt
- We provided t shirts, door prizes for community gathering bingo's

Culture & Language:

- Drumming Tuesdays with Derrick & we have Gerald with Cultural support
- Thomas Williams : Pictograph painting on rocks, wood, story telling
- Continue our Change of Seasons Ceremonies : Spring Solstice at Birkenhead Footprint celebrate drumming and singing, Fall Solstice at the Hunting Cabin with our children & our band staff
- NCFDC hosted over 30 Tsalahmec runners for lunch on their way to St'at'Imc Gathering.
- Three Ucwalmicw teachers from LII'wat came for four weeks to our toddler & preschool students for an hour session this summer.
- Recognized our four Metalwork BCIT students with gift of blanket and card & their instructor Donnie from NCFDC
- Annual Welcoming Salmon Ceremony for our children and families and staff
- Supporting Families in Grief with loss by community dinners / groceries.

Capacity Building:

- Infant & Toddler : Rechelle Patrick, ECE exemption to meet Licensing Program Requirements
- Preschool Teacher: in Progress to reach ECE
- Two more ECE-A licenses to Practice in our NCFDC current staff were achieved
- We had Phoenix Lutwick as our Summer Student who is interested in the Child Care field.
- 5 staff refreshed their First Aid tickets

Needs / In Progress:

1. Language speaker to come one or twice a week for an hour to work with our infants and preschoolers speaking Ucwalmicwt, we hired nXuzumulus Wednesday mornings.
2. One more ECE to cover Toddler program so we can be at capacity, right now at 5 but could be 8
3. Evaluations need to be booked
4. Another landline phone capability.
5. Toddler dishwasher voltage and plumbing to get it installed still in progress

Successes or Accomplished:

- ✓ Successful Fire Inspection and refresh our fire extinguishers, alarms: Successful Licensing Annual Inspection of site and administration of our ECD programs
- ✓ Ongoing Staff meetings were consistent until summer, supporting staff with Professional Development needs
- ✓ Kate & Pippa continue to support and visit our Centre for our children's development
- ✓ Staff seem to get enough time off when they want for vacation etc.. We don't always have to close programs due to staff shortage but it does happen.
- ✓ Incredible reviews of our overall site changes in maintenance of grounds etc.. safety issue in our raspberry patch, fencing, rubber matting in the toddler area, noodles covering bolts (incident reports are way down now) regular maintenance of yard
- ✓ Successful grant application to get air purifiers in each room, makes huge difference and also dishwasher for toddler program
- ✓ Smart Board technology finally engaged for programs' support (took 2 yrs)
- ✓ Stringent COVID practices saved our Centre from closing, our staff are amazing in their practices as our Janitor Robin John (refreshed her cleaning equipment, steamer, vacuum etc..) due to stringent cleaning.
- ✓ Purchased Hand washing portable unit outside our entrance when we can remember to fill it, it works wonderfully and we may have to only use this during warm weather and not freezing temperatures.

Challenges:

- recruiting Early Childhood qualified staff in our local area to come work with us
- Language speakers in our area have several taking Ucwalmicw courses. Seeking more language time for our children.
- Changing Portal access for most of the funders, reporting requirements are changing and online challenges with stats, availability, etc..

For the Period April 1, 2020, to March 31, 2021

Social Development Report for Annual General Meeting October 29, 2022

- We had an average of 22 clients per month throughout the year
 - Our least amount was in September 2020 with 19 clients
- 2 Examples of the Payment rate for this period
 1. A client that is employable single with no children gets a Basic Needs payment amount of \$385.00/month with a Shelter Maximum of \$375 to go towards Rent, Hydro and Basic Home Phone
 2. A client that is PWD single with no children get a Basic Needs payment amount of \$308.42/month with a Shelter Maximum of \$375 to go towards Rent, Hydro and Basic Home Phone
- We had 5 significant losses in our community within this period which were paid for by this department up to a specific basic amount.
- COVID-19 Special Needs Top Ups were issued from May 2020 to March 2021. Each client received \$300 on top of their Basic amount to help cover costs related to the pandemic.
- Kristy Stowell was our only applicant for the Elders Lunch and Dinner Delivery Program. She provided 2 meals per month (June-September) which included a main course, side, drink, dessert and prompt delivery for our elders 65+. 16 elders participated in the program and even got a KFC dinner in July 2020.
- We provided our Signal Hill Elementary School Students with a hot lunch throughout this period.
- We provided support to our Anderson Lake Parents Committee by providing monetary contributions for our annual Easter, Halloween and Christmas Celebrations.
- Nicole Patrick's department and my department purchased the 16-foot teepee package from Mukwa Teepee for program use in our departments. To date we've set it up 3 times. We look forward to painting it in the future.
- We provided transportation for the Annual Birken Park Community Camping in September 2020.
- We provided 4 covid food hampers for each home in our community and provided a meet order package.

Although the Covid-19 pandemic took place during this period, our community came together and supported each other in the best way possible. I am extremely satisfied with the cooperation of staff, clients and community members who followed the recommended policies and procedures to keep each other safe during the delivery of our programs.

Thank you,



Sylvia Patrick

Band Social Development Worker

2021-2022 Hatchery Review

A lot has happened since the last update in January. The 2021 Chinook stock were ponded mid-February and released back into Bridge River in September. The total of Chinook released was 21 292, we pit tagged 7017 of them. A lot better than 2020, which we released 8 643 Chinook. We will be close to our target of 60 000 this year. Thanks to the new holding tank that we had modified and provided to the Bridge River fish fence. They were able to hold the chinook salmon longer until they were ripe enough to extract their eggs and milt. This year we have a total of 18 treys of eggs, and last year we had 6 treys of eggs. I have shocked and picked eggs from 6 treys and have a total of 20 502 eggs. I still have 12 treys to shock and pick trough. This happens at different times because they came in at different times. I keep track of the temperature units and they tell me when to shock the eggs. I will know the total of eggs that we have around the second week of November. We are learning and improving as the years go.

This Summer I had two individuals come and work at the hatchery. They both did great work. They showed up ready to work and learn. They cleaned the tanks, fed the fish, took oxygen and temperatures daily. They did some ground maintenance. They did great work and look forward to seeing them again next summer.

Some of the new things that happened this year is that we have our own release tank now. It held all 21 292 Chinook comfortably. The truck handled the trip as well. We purchased a new water pump as well to fill up the release tank. As I'm writing this out our Concrete raceways are getting improvements. The concrete was deteriorating and falling apart. They now will be fiber glassed over and will last a life time. The maintenance will be easy from now on too. We are also going to get shut off valves so that we can regulate the water flow in the raceways. I can't wait to see the finished product and see the fish swimming around in there. I won't be putting them in there until they reach two grams in weight, which will roughly be late May. Right now they are in the incubation room and will stay in there until late January. In which I will pond them in the Capilano troughs.

I take great pride in my work, and love doing it. I am still learning lots and sharing what I have learnt. Knowledge is supposed to be shared with everyone. I am here daily if anyone wants a tour of the place and wants to learn more of what I do. My work phone number is 1-604-452-3205, my work email is christopher.fletcher@nquatqua.ca. Feel free to contact me anytime if you have any questions, want a tour, or just want to chat. Ku'kwstum'cka'l'ap – def. to say thank you, when said to more than one person. All my relations.

Christopher Fletcher

N'Quatqua Hatchery Manager

N'Quatqua Housing Department Report October 2021-22

Reporting: Jason Bob

Files/inspections:

All housing rental agreements have been signed and filed for 2022-23 fiscal.

All housing inspections have been completed for CMHC homes and Band housing units.

Housing Programs:

I am currently working on a funding application from ISC (Housing Support Program) for health and safety issues for 6 eligible homes, if approved work will start next fiscal 2023-24.

Funding application was approved and work has started and will be ongoing through to the end of this summer.

NQB Housing/ BC Housing Project:

We are very proud that the project is being delivered on schedule for the N'Quatqua community and will help to meet the demand for high-quality, energy-efficient, and more accessible housing in the community for Elders, singles, and families.

~~We are also pleased to announce the occupancy of all 10 units to the selected tenants!~~

Occupancy Date: November 1, 2022

Maintenance:

For "any" band housing maintenance, there is a maintenance request form available at my office and at the front desk at the health Station.

Chimney brushes are available for sign out, please inquire to the contact information below and I will get back to asap.

Thank you,

Jason Bob

N'Quatqua Housing Coordinator

Jason.bob@nquatqua.ca 604-452-3526

Received, Thank you Matt!

On Wed, Feb 1, 2023 at 8:55 AM Matt Steyer <msteyer@steyerconsulting.ca> wrote:

Hi Jason,

Please see blurb below. Feel free to adjust as you see fit.

Thanks,

Matt

The Project Team is excited to update the community that all ten (10) homes have been completed and occupied as of November 1st, 2022! We would like to thank the community for its support during the past two years and the new residents for your patience over the last couple of months as we 'fine-tuned' the units.

We are pleased that N'Quatqua has added six (6) accessible and four (4) family-sized homes to better accommodate the diverse housing needs of its current (and future!) members. We are pleased that N'Quatqua members were directly involved in the construction of the homes and management of the project. We hope that the high level of energy efficiency of these homes will provide residents with a comfortable living environment during all seasons, while also reducing energy usage (and cost!).

As you may be aware, due to the timing of the construction, we were not able to fully install the yards (soil, seed, etc.) prior to the winter season. We will keep residents posted on the timing of this work but anticipate it will be completed in the spring.

We hope that, over the long run, these homes will meet (and exceed!) your expectations and will set a new precedent for housing in N'Quatqua. Congratulations to the N'Quatqua community on this tremendous achievement and thank you again for your patience and support during this process!

As always, if you have any questions, concerns, or compliments, please don't hesitate to reach out to Jason Bob, N'Quatqua Housing Coordinator.

Matt Steyer | he, him

Community Planner, Principal

msteyer@steyerconsulting.ca

778-628-6913 | LinkedIn

**STEYER
CONSULTING
LTD**

Community Planning
Development
Engagement

N'Quatqua AGM February 4, 2023

Health Department

I want to thank you everyone for attending the 2021 AGM

Telus Health

We had a total of 5 Elders on the Telus Health program. Unfortunately, the new fiber optic lines are not compatible with the old Telus copper line. Telus is coming out with a new unit in the near future.

Programs and services by Health department

- **Monthly Squamish Shopping trips (bus driver, fuel, bus rental)**
- **Food coupons for babies under age of 6 years**
- **Milk program for babies under age of 6 years**
- **Hot lunch programs for signal Hill elementary school**
- **Mike Jess Chiro weekly session**
- **Fire works for Halloween**
- **Physio sessions at Local Motion by referrals**
- **Earth day Sun flower challenge**
- **Christmas food hamper for each house hold. This year we gave out \$125 Gift card for AG foods in-lieu of hampers.**

Birkenhead Community Camping

~ September 8th to 11th ~

This year we provided each campsite food to cook and prepare for their families.

We had 20 campsites and a total of 78 community members.

Activities that were done: Campsite Indian Bingo / glow stick people at night/ hike to the point, walk in the woods movie and Willow movies played on the Big Screen/ we were honoured to have Ashley, Heather and Vivika share the stories behind the songs.

Patient travel update

There is currently a Mileage increase of .6¢ for a total of .35¢ per km. Started September 16th to March 31, 2023.

As gas prices across British Columbia continue to change, First Nations Health Benefits and Services (FNHBS) is actively monitoring prices to ensure that changes do not impact clients' ability to access medically-necessary appointments when using their private vehicles.

The temporary Medical Transportation (MT) mileage rate of \$0.29/km will be extended until March 31, 2023. The rates will continue to apply to the special mileage rate applicable to certain remote communities. Please see the table below for the temporary mileage rates and associated effective dates:

MT Mileage Reimbursement Rates

Rate	Normal Rate (Prior to March 1, 2022)	Temporary Rate (Effective Sept. 16, 2022 – March 31, 2023)
Standard MT Mileage Rate*	\$0.23/km	\$0.29/km
Special MT Mileage Rate for Remote Communities**	\$0.29/km	\$0.35/km

The following are the flat rates for Medical transportation:

Vancouver is 460km

Squamish is 280 km

Whistler is 177 km

To better support the Medical Transportation (MT) benefit, First Nations Health Benefits and Services (FNHBS) is increasing meal rates for clients who are travelling for medical appointments.

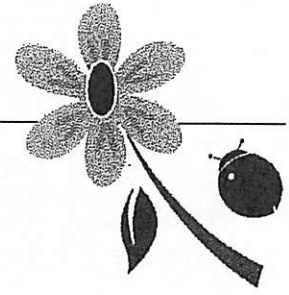
FNHBS is committed to improving the quality and responsiveness of its programs and services to support First Nations people in their health and wellness journeys. Our goal is to ensure everyone has access to healthy food options when traveling outside of their home communities for medical care.

Effective Oct. 3, 2022, meal rates will change as reflected in the table below:

	Current Rate	New Rate <i>Effective Oct. 3, 2022</i>
Daily rate for same-day travel over six hours	\$15.10 per client	\$16.00 per client
Nightly rate for short-term travel (up to six nights)	\$60.00 per night per client, five years of age and older	\$64.00 per night per client, five years of age and older
	\$25.00 per night per client, under five years of age	\$27.00 per night per client, under five years of age
Weekly rate for long-term travel (seven nights or more)	\$236.00 per week, inclusive of client and escort	\$260.00 per week, inclusive of client and escort

Family Support

Victoria McDonald



Programs – April to March 2022

Work with clients, bring to appointments, court proceedings, mediation and home visits. On going

Monthly

Family Dinner (70 homes), Harvesting Program, Adult Wellness, Family Wellness

Other programs

Lunch provided for Grave yard cleaning (25) & new building ceremony (50)

(2) – New born packages

Canning kits (70 homes – 4 dozen jars & canner) Halloween packages (70 homes)

Christmas packages (70 homes) Christmas Breakfast for community

Canning classes for community (25+) and Day care (1)

T-shirts for Every child matters on reserve & for walking program

Sun Run

Family Camping & Girls summer camp

(4) – Whistler Women's Centre programming (pottery, macramé, yoga)

Flowers and Soil for community on Mother's day

Donation for Gatherings (Door prizes/ Food)

AGM OCTOBER 2022

O + M Report 2022 – 23

Excavated four test pit holes and four perc test holes for the new Multiplex building.

Roads

- Ordered and installed new road signs.
- Clearing ditches, filling pot holes and graded the roads.
- Filled the mud hole on Pump house Road.
- Brushing and cleaning culverts.
- Dust control with water.
- Installed speed bumps.
- Installed entrance to N`Quatqua sign and the cemetery sign.

Water

- Daily water monitoring.
- Weekly water samples.
- Monthly B.C.C.D.C. water samples.
- Changed the pressure switch in I.R. # 2 pump house.
- Preventive maintenance projects will be completed later this fall or in the spring. This will be hydrant maintenance, valve exercising and water main flushing.

Fire Department

Fire inspections on the trucks done by Hub and public buildings inspection done by D.N.A. Equipment repairs and exercising. Fire practices and set up the E.O.C. trailer.

ACRS report done on the roads, buildings, water and Fire department.

Performance inspection on the water system will be done later on this fall.

B.C. Housing Project

Installed three water services. Installed a blow off valve at the end of Hunter Jack Crescent to disinfect and flush the water main for the end triplex building. Completed four septic systems with Kala and contractors from Lillooet.

New pump house Project

Excavated four test pits. Locate tie-in area, swabbing station and building location for the surveyors.

Installed data loggers with the electrical contractors in four monitoring wells and two of our production wells. Locate the telemetry cable with from the pump house to the reservoir to find a break in the line. Excavated at the reservoir to the cable and it was determined the wire was broken inside the fence which can be repaired when the project starts in the spring. Trouble shoot well #2 electrical.

Lands & Resource Department

- Still involved with Joffre lake and Tenquille lake visitor management planning
- Lot 100-waiting on appraisal for value of land. Hoping to hear something early this coming year.
- We had firewood and kindling delivered to every house in N'Quatqua this past year. Thanks to Kyle and John for doing this.
- We had 2 new signs made- one for the entrance to N'Quatqua the other for our Graveyard, thanks to Don, Kyle, Nick, Josh and Cole.
- We have been approved for funding for the gathering 2024
- We have partnered with Lil'wat Forestry this is something we gave a lot of thought to, I believe this is a good move for our future.

EDUCATION & EMPLOYMENT JULIE THEVARGE

ANNUAL GENERAL MEETING

UPDATE ON 2021/2022 YEAR



POST-SECONDARY EDUCATION

- 8# of students from summer of 2019 to April 2020
 - Full-time - 6
 - Part-time 2
 - UCEP - 2
 - Level 1- Certificate / Diploma – 2
 - Level 2 – Bachelor - 4
 - Level 3 - Master - 0
 - Level 4 – Doctorate - 0
- This year incorporating Zoom sessions, Covid funds were distributed for PSE, Laptops, printers, etc



EDUCATION

- #32 of Students from K to 12 in public school – SD 48
- Elementary to High School
- Avocation; go with in schools;
- Indigenous Education committee attend 4x per year – to make recommendations no how to send targeted funds; Support workers, cultural workers,
- *Need more parental involvement, Elder(s), Hear the needs of our Parents/students.
- Curriculum development/input



FIRST NATIONS EDUCATION STEERING COMMITTEE

Education Governance

- Facilitator Training for members,
- Educational Guiding Principles,

Parents Club – July Pizza for dinner with 3 workshops

- Routine
- Behaviour

Summer Work Experience Program

- employ 1 student, in school and returning to school

Learning Gap

- What do I want to learning about; Each family was to pick 1 of the 7 Life..
- July; Language and Culture camp with Lindsay Thevarge and Kakusa

ISET

- Criteria;

Un employed, Under employed or at the risk of loosing your job.

What can be funded:

Work Gear,

Project ; short term

Full Program; Long Tern Training

Annual Operating Plan; How will we spend these funds? In 3 areas :

Challenge; Covid;Amending the AOP,



MINISTRY OF ADVANCED EDUCATION

Adult Basic Education;

- **building rent, internet, materials and supplies**
- 10 students enrolled – 1 – 3 classes, Online and in person.
 - English
 - Math
 - Computers
- Incorporated FNHA Wellness Wheel – Health , Start of the term and end of the term, check ins with students and where they are at.
- We do weekly 1 hour zoom session on various topics with various teachers/knowledge keepers; Anxiety, learning to paint, Cultural traditions,
- Wellness fund of up to \$250 to support you be successful in your studies; tablets, jackets, massage, fitbit, etc



Bridging to Trades Program with Nicola Valley Institute of Technology – 3 months July to September

2 weeks each Electrical, Welding, Plumbing and Metal Fabrication

8 started and completed the in community Program; 2 in Welding Foundation Program, 1 applied to the Metal Fabrication Program.

N'QUATQUA COMMUNITY GARDEN

5000.00

- Employ part-time a Community Garden
- Materials and Supplies
- *Challenges*; support, work
- Partnering with PSS/school credits, or other Agencies for more funding



N'Quatqua Capital Project Update

Membership Meeting
Feb 2, 2023



Major Capital Project Updates

- Clean Energy Fund – Health Building
- Water main Loop/ New Subdivision services build out
- Public Water Services Enhancement
- N'Quatqua BC Housing
- N'Quatqua Multiplex
- N'Quatqua Central Service Station



N'Quatqua- Clean Energy Program

- Project Description:
 - Installation of solar panels and internal battery system for the Health Station
 - Provide reliable power during outages, as well as cost savings and reduction of carbon footprint of operations
 - Hopefully, part of larger program involving daycare, fire dept., multiplex etc.
- Relationships:
 - Project Funder:
 - Province of BC
 - ISC
 - Project Owner:
 - N'Quatqua
 - Project Support/Management:
 - LSTC
 - UrbanSystems
- Budget:
 - \$180,450



N'Quatqua- Clean Energy Program

- Prime Contractor:
 - Kuby Energy Designs
- Substantial Completion Date:
 - September 2023
- Spent to date:
 - \$45,552.16



N'Quatqua - Water Main Subdivision Loop

- Project Description:
 - New subdivision development and looping of water main through Hunter Jack area
 - Provide appropriate water flow rates for new and increased housing development along with enhanced fire protection (hydrant flow)
- Relationships:
 - Project Funder:
 - ISC
 - Project Owner:
 - N'Quatqua
 - Project Support/Management:
 - LSTC/N'Quatqua
 - N'Quatqua O&M
- Budget:
 - \$822,330



N'Quatqua - Water Main Subdivision Loop

- **Coordinating Professionals:**
 - Urban Systems
- **Design Construction Contract:**
 - Will move to tender in the spring(lack of interest this Summer/Fall)
- **Schedule:**
 - Construction timeline extended to Spring of 2023
- **Spent to date:**
 - \$69,236.08



N'Quatqua - Public Water Services Enhancement

- Project Description:
 - Engineering design for a new water system (increased/new reservoirs, pump house, treatment process)
 - Project is in DAR stage, will move to Feasibility and then Construction over coming years
- Relationships:
 - Project Funder:
 - ISC
 - Project Owner:
 - N'Quatqua
 - Project Support/Management:
 - LSTC/N'Quatqua
 - N'Quatqua O&M
- Budget:
 - \$289,230
- Spent:
 - \$138,186.35



N'Quatqua- BC Housing Project

- Project Description:
 - 10 new rental housing units
 - 2 triplexes and 1 fourplex
 - Building on last buildable lots on Hunter Jack Crescent
 - Completion Fall 2022
- Relationships:
 - Project Funder:
 - BC Housing – Community Housing Fund
 - Project Owner:
 - N'Quatqua Social Housing Society
 - Project Support/Management:
 - LSTC
 - Steyer Consultants
 - N'Quatqua Housing Dept.
- Budget:
 - \$8,718,393



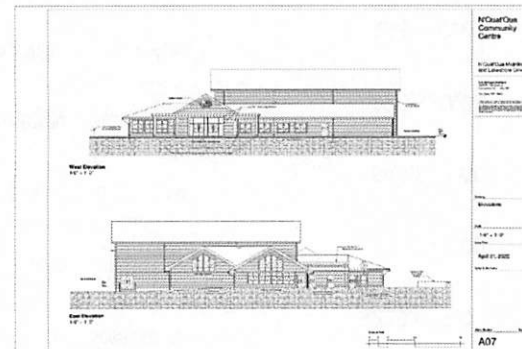
N'Quatqua- BC Housing Project

- Timeline:
 - Tenants are now in
 - Addressing deficiencies and Civil Scope confirmation
 - Civil work to be completed in Spring
- Referendum:
 - Held November 19, 2022
 - Vote successful
 - Awaiting Ministry designation for Lease



N'Quatqua- Multiplex Recreation Project

- Project Description:
 - Community Building to replace N'Quatqua's Community Hall (demolished 2020).
 - Recreation primary building, with gym, offices, meeting space, and cultural chambers
 - Funded through the ICIP Program
 - Completion Summer 2023
- Relationships:
 - Project Funder:
 - Province of BC – CCR Fund @75%/25% Split
 - N'Quatqua Admin Program @ 10%
 - Project Owner:
 - N'Quatqua
 - Project Support/Management:
 - LSTC
- Budget:
 - \$6,612,395
 - N'Quatqua total cost: \$2,149,028.38
 - Province total cost: \$4,463,366.63



N'Quatqua- Multiplex Recreation Project

<u>Claim Period</u>	<u>Date Submitted</u>	<u>Claim Status</u>	<u>Status Date</u>	<u>Claim Total</u>	<u>Estimated Payment Amount</u>	<u>Paid Amount</u>	<u>NQ Portion</u>	<u>BCFN Gaming Funds</u>	
2022-04-30 to 2022-10-31	2022-11-07	Paid	2022-11-17	\$918,509.00	\$688,882.00	\$688,882.00	\$229,627.00	20/21	\$ 334,186.93
2022-08-31 to 2022-08-31	2022-09-12	Paid	2022-10-04	\$379,691.00	\$284,768.00	\$284,768.00	\$94,923.00	21/22	\$ 195,461.20
2022-07-31 to 2022-07-31	2022-08-11	Paid	2022-10-04	\$175,431.00	\$131,573.00	\$131,573.00	\$43,858.00	22/23	\$ 342,689.95
2022-05-31 to 2022-06-30	2022-07-14	Paid	2022-08-16	\$306,121.00	\$229,591.00	\$229,591.00	\$76,530.00	23/24 (est.)	\$ 345,000.00
2022-04-30 to 2022-05-31	2022-06-14	Paid	2022-07-07	\$532,408.00	\$399,306.00	\$399,306.00	\$133,102.00	<u>Total:</u>	<u>1,217,338.08</u>
2022-02-28 to 2022-03-31	2022-06-14	Paid	2022-07-07	\$30,573.00	\$22,930.00	\$22,930.00	\$7,643.00		
2021-05-31 to 2022-02-11	2022-02-14	Paid	2022-03-14	\$107,832.00	\$80,874.00	\$80,874.00	\$26,958.00		<u>Specific Claims</u>
2020-08-31 to 2021-01-31	2021-03-30	Paid	2021-05-13	\$63,089.00	\$47,316.00	\$47,316.00	\$15,773.00		2022 Settlement \$355,000
2020-10-31 to 2020-11-30	2021-01-26	Paid	2021-02-18	\$63,266.00	\$47,449.00	\$47,449.00	\$15,817.00		
2020-09-30 to 2020-09-30	2020-12-07	Paid	2021-01-25	\$18,983.00	\$14,237.00	\$14,237.00	\$4,746.00	<u>Remaining</u>	<u>\$919,191.08</u>
2020-06-20 to 2020-07-31	2020-10-07	Paid	2020-11-26	\$16,678.00	\$12,508.00	\$12,508.00	\$4,170.00		
							<u>Total:</u>		<u>\$653,147.00</u>

N'Quatqua- Multiplex Recreation Project

- Timeline:
 - Project to wrap end of Summer 2023
 - Project is on schedule
- Costs:
 - \$2,765,954.947 spent
 - Project is on Budget
- Completed:
 - ✓ Lower Level Interior Framing
 - ✓ Asphalt Shingle Slope Roofing
 - ✓ Gymnasium Roof
- Coming Up:
 - Septic Design Approval (FNHA)
 - Security and Door Keying Design
 - Network Design
 - Interior Finishing Choices



N'Quat'Qua Community Centre

N'Quat'Qua Mainline and Lakeshore Drive

S.R. McEwen Architect
1996 W. 14th Avenue
Vancouver, BC V6J 2K1
Tel. (604) 733-8948

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Drawing

Floor Plan

Scale

1/8" = 1'-0"

Issue Date

September 14, 2022

Dates & Revisions

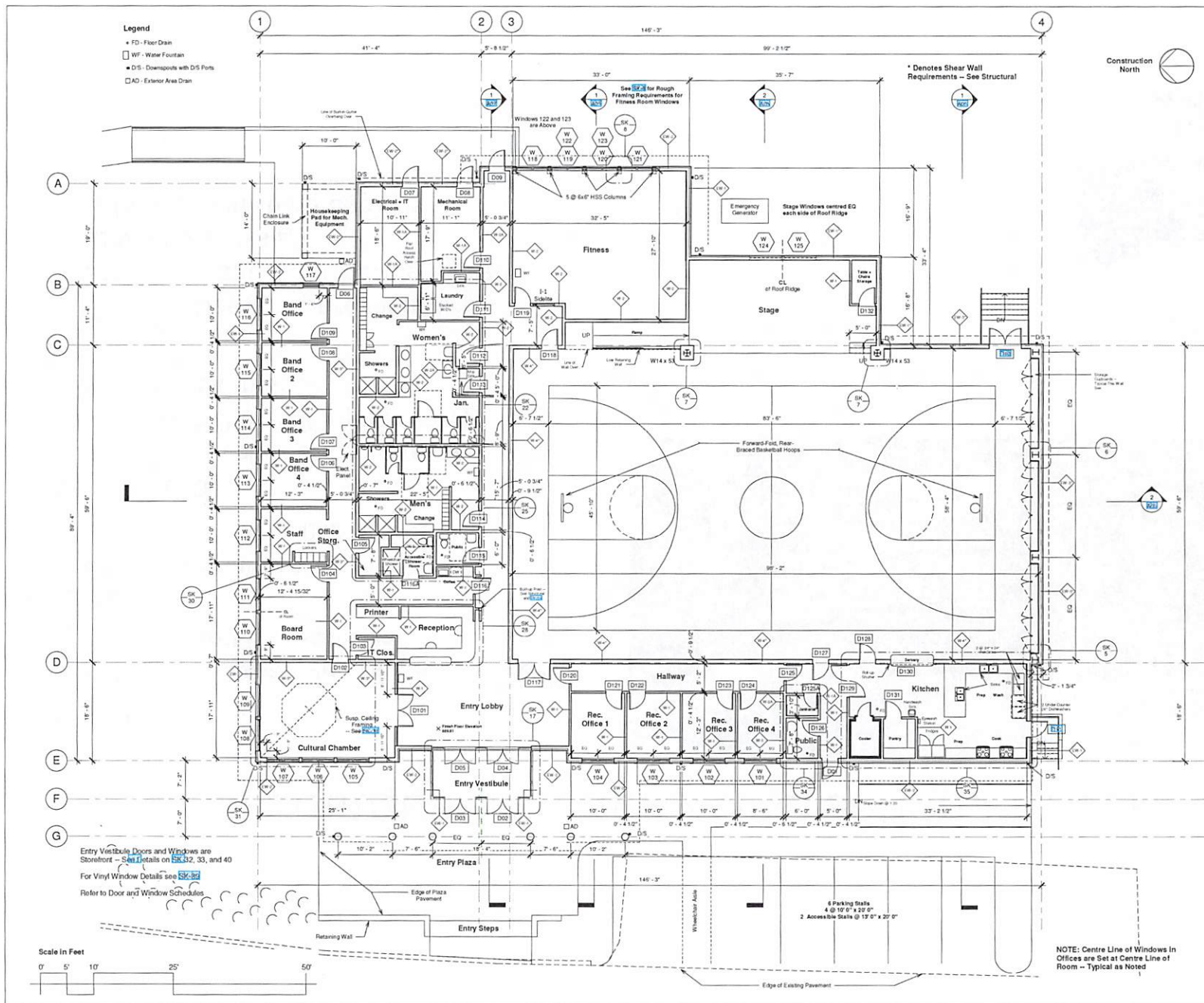
Issued for Costing
30 August 2022

Issued for Review
September 14 2022

Sheet Number

Revision

A02



N'Quatqua- Multiplex Recreation Project



N'Quatqua- Multiplex Recreation Project



N'Quatqua Central Service Station / NEEDCO

- **Background:**

- In January of 2022, pending staffing issues and unsustainable economic performance caused C&C to examine the N'Quatqua Central Service Station model
- February 25, 2022, C&C made the decision to suspend operations of the NQCSS as of March 31, 2022 with the hope of applying for Ec-Dev funding to identifying and developing a working business model
- NQ Membership requested the development of an Ad-Hoc committee in April of 2022. C&C moved for the creation of the committee, and provided guidelines for a ToR as per governance policy.



N'Quatqua Central Service Station / NEEDCO

- Current:
 - NQ Reopening committee was unable to fulfill the objectives set out by C&C. After 8 Months, C&C examined the committee process and made the decision to disband the committee and revert to the original plan of business modeling through Ec-Dev funding Avenues
 - December 2022, NQ applied for approx. 40K in Ec-Dev funding
- Future
 - Funding Approval (fingers crossed)
 - Engage with a Gas Station consultant to examine all aspects of the NCSS business (modeling, operations, capital, environmental etc.)

